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**Tuesday**



Western leaders offered financial aid to Abbas.

**Aid for Abbas:** U.S. and EU to support Palestinian leader | **7**

**Missed Messages:** White House e-mail use scrutinized | **4**



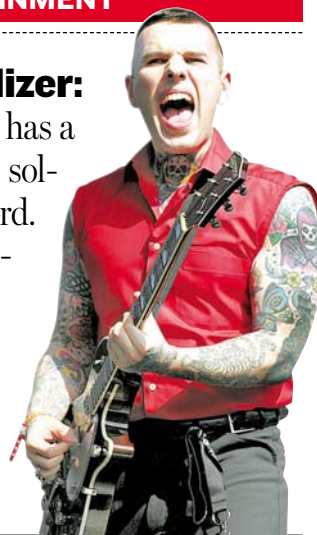
**O's Shake-Up:** In danger of 10th losing year, Birds fire Perlozzo | **19**

## ENTERTAINMENT

**Tranquilizer:**

*Tiger Army* has a chilled-out, solid new record. Also, Transformers are back, and they're still in disguise.

>> **11-15**



**Weather >> Partly Sunny**



**94 | 73**

FULL FORECAST ON PAGE 34

## U.S. and Iraqi Troops Move on Insurgents



**ROUND-UP:** An Iraqi soldier escorts suspected al-Qaeda members in Baqouba, Iraq, on Monday. Taking advantage of the arrival of the final brigade of 30,000 additional U.S. troops, U.S. and Iraqi forces launched a campaign to secure Baghdad's flanks. ♦ **Under fire:** Death toll from Iraqi violence climbs anew | **Page 7**

## Fairfax Votes for Tysons Rail

County board OKs funding for an elevated track to Dulles

The Fairfax County Board of Supervisors voted 8 to 2 on Monday to help pay for a 23-mile extension of Metro to Dulles International Airport with an aerial track through busy Tysons Corner, angering tunnel advocates but keeping alive plans for traffic congestion relief along one of the Washington area's critical economic corridors.

Supervisors in the region's largest jurisdiction agreed to pay \$400 million toward the \$5.1 billion cost of extending the Orange

Line from Falls Church through Tysons and Reston to the airport. To do otherwise, they said, would have jeopardized nearly \$1 billion of federal money and with it all hope of rail to the airport for a generation to come.

"Rail to Dulles is the single most important investment that this board or any board before us is ever going to make," said Gerald E. Connolly, chairman of the Fairfax supervisors. "It is truly a legacy."

At issue for Fairfax was whether to com-

mit to a project that has been in detailed planning stages for more than a decade and that calls for 11 new stations between the East Falls Church station and Loudoun County — eight in Fairfax and three, including the airport, in Loudoun. All stations are planned to be above-ground.

Tunnel advocates have proclaimed loudly for months that an elevated track would dash hopes of remaking Tysons into a vibrant, pedestrian-friendly urban district where people could live, work, shop and play without driving a car. AMY GARDNER (THE WASHINGTON POST)

**LONGEVITY | Got Eternal Life?** At 111, the world's oldest man keeps a daily diary, drinks milk and shuns alcohol and smoking. "I don't want to die," Tomoji Tanabe of Miyakonojo, Japan, said Monday, while receiving a certificate from Guinness World Records



verifying him as the world's oldest male. He took the title following the death of Puerto Rico's Emiliano Mercado Del Toro, who at 115 was also the oldest human. The world's oldest person is now a woman, Yone Minagawa. She is 114. (AP) **EyeOpeners** | **Page 2**



# eyeOpeners



## NAKEDNESS

### She Must, She Must, She Must Expose Her Bust

A woman arrested for exposing her breasts has accepted a \$29,000 settlement from New York City. Jill Coccaro, 27, was arrested on a topless stroll two years ago, despite a court ruling that women should have the same right as men to go shirtless. Coccaro, who now goes by Phoenix Feeley, remained in custody for 12 hours before she was told prosecutors wouldn't charge her. "We hope the police ... respect the rights of women to go topless," her lawyer said. "I've kind of always done it out of practicality," Feeley said. (AP)

## WE'RE MEAN

### Needle-Phobes, Read This Item!!!

Doctors in southern China were planning to perform surgery on a 1-year-old boy whose parents took him to a hospital because he had been unusually fussy and learned he had six sewing needles in his body. The child's parents, migrant workers from southwest China, said they had no idea how the needles ended up in their son, nicknamed Xiao Yu. Two needles were found at the first hospital; four more were discovered at the hospital to which he was sent for surgery. (AP)



CHOI WON-SUK/AP/GETTY IMAGES

## WEDDINGS

### Better Than A Cut-Rate DJ

Tiro, a South Korean robot, acted as master of ceremonies for the nuptials of its designer, engineer Seok Gyeong-Jae. Not surprisingly, maker Hano-ol Robotics claims the event as a world record: the first robot-hosted wedding in history. Well, no one's going to argue with that. (EXPRESS)



If you spend all your money on plastic wrap, you could break this record.

## MONEY

### Parents Invest Boy's College Fund in Stunt

A 7-year-old boy has more than likely broken the world record for the largest ball of plastic wrap. Jake Lonsway of Bangor Township, Mich., sought to break the current record of 250 pounds; he hit 281.5. "I was probably expecting it to be the record," he said. If confirmed by Guinness, his feat will have broken the record of a Toronto man whose ball measured 128 inches in circumference; Jake's measured 138 inches. (AP)



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**CULTURE CARDS:** The Pentagon is sending troops in Iraq and Afghanistan decks of playing cards that show precious archaeological sites from each country. The cards are part of an awareness program to help troops preserve cultural artifacts.

## Nation

### In Brief



Atlantis astronaut Patrick Forrester is seen during a spacewalk on Sunday.

#### HOUSTON

### Atlantis Cleared to Leave International Space Station

The space shuttle Atlantis was cleared to depart the international space station after a test Monday showed Russian computers that crashed last week can control the outpost's orientation. Officials examined test data and decided the crucial computers controlled the station's thrusters properly. Atlantis is scheduled to undock Tuesday with a planned return to Cape Canaveral, Fla., on Thursday. (AP)

#### NORTH CANTON, OHIO

### Pregnant Woman Missing; Son, 2, Is the Only Witness

A pregnant woman vanished from her home, leaving behind broken furniture, a pool of bleach on the floor and just one witness — a 2-year-old son who told police, "Mommy's in the rug." Investigators would not elaborate on the meaning of the child's statement. Authorities said Monday they had no suspects in the disappearance of Jessie Davis, 26, who is nine months pregnant. (AP)

# Duke Settles With Lacrosse Players

## University announces financial agreement with 3 former athletes

DURHAM, N.C. | Duke University has reached an undisclosed financial settlement with three former lacrosse players falsely accused of rape, the school said Monday.

Duke suspended Reade Seligmann, Collin Finnerty and Dave Evans after they were charged last year with raping a stripper at an

off-campus party. The university also canceled the team's season and forced their coach to resign.

"We welcomed their exoneration and deeply regret the difficult year they and their families have had to endure," the school said in a statement. "These young men and their families have been the subject of intense scrutiny that has taken a heavy toll."

The allegations were debunked in April by state prosecutors, who said the players were the innocent

victims of a "tragic rush to accuse" by Durham County District Attorney Mike Nifong. He was disbarred for breaking rules of professional conduct in his handling of the case.

The players' families racked up millions of dollars in legal bills in their defense and appear likely to file a lawsuit against Nifong.



Nifong

The players said in a joint statement that they hoped the agreement would "begin to bring the Duke family back together again."

"The events of the last year tore the Duke community apart, and forcibly separated us from the university we love," they said. "We were the victims of a rogue prosecutor concerned only with winning an election, and others determined to railroad three Duke lacrosse players and to diminish the reputation of Duke University." AARON BEARD (AP)

#### GAINESVILLE, TEXAS | UNWELCOME WATER



**A DEADLY DELUGE:** Floodwaters are seen around Gainesville, Texas, on Monday. Torrential overnight rainfall flooded a handful of north Texas towns Monday, killing at least four people and stranding people and their pets on the roofs of their homes. The National Weather Service said rain fell at a rate of an inch every 15 minutes in some places.

## Supreme Court Affirms Rights Of Passengers

WASHINGTON | Passengers, like drivers, have a constitutional right to challenge the legality of police decisions to stop cars in which they are traveling, the Supreme Court said Monday.

Bruce Brendlin was convicted of drug possession after a sheriff's deputy stopped a car in which he was a passenger in Yuba City, Calif. California argued that Brendlin's conviction should stand because only the driver was covered by Fourth Amendment protections.

Justice David Souter, writing for a unanimous court, disagreed. "A traffic stop necessarily curtails the travel a passenger has chosen just as much as it halts the driver," Souter said. (AP)

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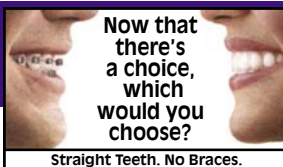
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The total number of federal employees, in thousands, who are regular telecommuters, according to a report by the Office of Personnel Management.

## Nation

# Sen. Stevens Investigated

## Prosecutors question home remodeling done for Alaska Republican

WASHINGTON | Federal prosecutors in Washington are scrutinizing Sen. Ted Stevens' home remodeling project as part of a spinoff of an Alaska corruption investigation that has led to charges against lawmakers and contractors.

Until recently, the Alaska Republican appeared to be a peripheral figure in a broad Justice Department investigation into bribery, extortion and other corruption.

But Stevens, the longest-serving Republican in Senate history, recently hired lawyers and said the FBI told him to preserve documents. Prosecutors have questioned his friends and associates, including in some cases before a Washington grand jury, according to a source who spoke on condition of anonymity because grand jury matters are secret by law.

One of those witnesses was Bob Persons, a friend and neighbor of



CHRIS MILLER/AP

Prosecutors are questioning associates of Alaska Sen. Ted Stevens about a home remodeling project. Stevens is the longest-serving Republican in Senate history.

Stevens, according to the Anchorage Daily News, which first reported on the Washington grand jury.

Persons oversaw Stevens' home expansion project while the senator was in Washington and was ordered to provide documents related to that work, the newspaper said.

Federal investigators in Alaska

have also questioned businessman Bob Penney, but his lawyer would not say what was discussed.

"Bob has been a very close friend of Ted Stevens for years. Beyond that, I really can't be telling you anything," said Penney's attorney Bruce Gagnon. "Bob feels for Ted. It's distressing." (AP)

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**LIVING LARGE:** Moscow is the world's most expensive city to live in for the second year in a row, a new survey reports. London, estimated at 26 percent more expensive than New York, climbed three spots to second place on a strengthening British pound.

## World

# Abbas Buoyed by U.S., EU Support

## Aid embargo lifted as Palestinian leader reshapes government

RAMALLAH, WEST BANK | Palestinian President Mahmoud Abbas, emboldened by an outpouring of international support in his showdown with Hamas militants, on Monday told a receptive President Bush that it was time to restart Mideast peace talks.

Bush planned to relay their thoughts on how to proceed to Israeli Prime Minister Ehud Olmert at a

meeting in Washington Tuesday, a White House spokesman said.

Abbas' Hamas rivals were headed in a vastly different direction, facing deepening isolation after their violent takeover of the Gaza Strip.

Abbas expelled Hamas from the Palestinian government last week after the Islamist group routed his forces in Gaza, leaving the president's more moderate Fatah movement in control of the West Bank. Olmert made no public statements Monday, but Israel has expressed its desire to negotiate with a Pal-

estinian government without Hamas. It remained unclear, however, how much peace talks could accomplish.



Abbas

Israel and Egypt have sealed Gaza's borders, raising fears of a possible humanitarian crisis. After a weekend run on basic supplies, Gazans were calmed by Israeli assurances that humanitarian aid would go through. But Israeli officials said

they had not figured out how to deal with Gaza's Hamas rulers.

To bolster Abbas, the U.S. and the European Union said they were ending a 15-month embargo that cut off hundreds of millions of dollars in direct aid after Hamas won elections and formed a government.

The embargo against the Palestinian government has crippled the Palestinian economy, which is heavily dependent on foreign aid. Under the sanctions, the government was unable to pay its 165,000 employees regular salaries.

MOHAMMED DARAGHMEH (AP)



Afghan police stop a vehicle amid tightened security in Kabul on Monday.

## Spike Seen In Afghan Violence

More than 100 dead in recent clashes; U.S. air attack kills 7 boys

KANDAHAR, AFGHANISTAN | More than 100 people — including militants, civilians and police — have been killed in three days of fierce clashes between NATO and the Taliban in southern Afghanistan, Afghan officials said Monday.

To the east, U.S.-led coalition jets bombed a suspected al-Qaeda compound, killing seven boys and several fighters.

Afghanistan has seen a spike in violence the last several days, leading to a mounting number of civilian casualties that are sapping support for foreign troops and the government of President Hamid Karzai.

Even though a majority of civilian deaths are caused by attacks initiated by the Taliban, Afghan anger over civilian casualties is often directed toward U.S. and NATO-led troops. Precise casualty figures were not available because of the continued fighting, though two Afghan officials said more than 100 people have been killed, including at least 16 police. A Dutch soldier also died.

In eastern Paktika province, meanwhile, U.S.-led coalition warplanes targeted a compound Sunday that also contained a mosque and a madrasa, or Islamic school, resulting in the deaths of seven boys ages 10 to 16, said Gov. Akram Akh-pelwak. NOOR KHAN (AP)

## INDIA | DEVELOPMENT PLAN DRAWS OUTCRY



**PEOPLE POWER:** Residents of the Dharavi slum participate in a protest in Mumbai on Monday. The plans to redevelop Dharavi, one of Asia's largest slums, have met with protests from locals, mainly potters and other tradespeople, who were among its earliest residents. Many demanded the government listen to their concerns before further pursuing the redevelopment proposal.

## U.S., Iraqi Forces Open New Insurgent Attack

BAGHDAD | U.S. and Iraqi forces launched attacks on Baghdad's northern and southern flanks to clear out Sunni insurgents, al-Qaeda fighters and Shiite militiamen who had fled the capital and Anbar during a four-month-old security operation, military officials said Monday.

A top U.S. military official said American forces were taking advantage of the arrival of the final brigade of 30,000 additional U.S. troops to open the attacks.

"We are going into the areas that have been sanctuaries of al-Qaeda and other extremists to take them on and weed them out, to help get the areas clear and to really take on al-Qaeda," the senior official said on condition of anonymity because he was not authorized to speak about

the operation. "Those are areas in the belts around Baghdad, some parts in Anbar province and specifically Diyala province."

The death toll in sectarian violence Monday skyrocketed after a brief period of relative peace. At least 111 people were killed or found dead nationwide, with 33 bodies of torture victims showing up in Baghdad alone.

Well to the south, Iraqi officials reported as many as 36 people were killed in fierce overnight fighting that began as British and Iraqi forces conducted house-to-house searches in Amarah, a stronghold of the Shiite Mahdi Army militia.

The U.S. military issued a statement that said at least 20 people were killed in clashes with coalition forces. STEVEN R. HURST (AP)

## French Political Power Couple Splits

PARIS | The famously dysfunctional couple at the head of France's main opposition Socialist Party is breaking up.

Segolene Royal had shown little delicacy in sweeping aside Francois Hollande — Socialist party boss and the father of her four children — to bid for the French presidency herself. She also kept him and the Socialists at arm's length for much

of her failed campaign.

And on Sunday, as results of parliamentary elections rolled in, they said that their romantic relationship, closely intertwined with their political one, was over.



Royal

Royal and Hollande were France's closest equivalent to Bill and Hillary Clinton, a power couple who worked together to try to place at least one of them in the highest job in the land.

They also never married in three decades together — although Royal wistfully admitted in a recent book that she would have been game, and suggested Hollande allowed his friends to talk him out of the idea. (AP)

## HEARSAY | TENSIONS

"My fears are similar to those of all sensible people, that ... these conflicts will provoke an explosion."

— SAUDI ARABIA'S KING ABDULLAH TELLING SPANISH NEWSPAPER EL PAIS THAT HE FEARS THE BATTLES IN THE PALESTINIAN TERRITORIES, LEBANON AND IRAQ COULD EXPAND INTO A GLOBAL CONFLICT.



## World



Pakistanis burn a British flag to protest author Salman Rushdie's knighthood.

## Rushdie Knighthood Stirs Anger

Pakistani official says U.K. award to author is affront to Muslims

ISLAMABAD, PAKISTAN | Pakistan on Monday condemned Britain's award of knighthood to author Salman Rushdie as an affront to Muslim sentiments, and a Cabinet minister said the honor provided a justification for suicide attacks.

"This is an occasion for the [world's] 1.5 billion Muslims to look at the seriousness of this decision," Mohammed Ijaz ul-Haq, religious affairs minister, said in parliament.

"The West is accusing Muslims of extremism and terrorism. If someone exploded a bomb on his body, he would be right to do so unless the British government apologizes and withdraws the 'sir' title," ul-Haq said.

Iran's late spiritual leader, Ayatollah Ruhollah Khomeini, issued a 1989 fatwa, or religious edict, ordering Muslims to kill the author because his book, "The Satanic Verses," allegedly insulted Islam. The threat forced Rushdie to live in hiding for a decade.

Robert Brinkley, Britain's high commissioner to Pakistan, defended the decision to honor Rushdie, one of the most prominent novelists of the late 20th century. Britain on Saturday announced the knighthood in an honors list timed for the official celebration of the queen's 81st birthday.

MATTHEW PENNINGTON (AP)



### Neurofibromatosis Studies at the National Institutes of Health



Researchers at the National Institutes of Health (NIH) are conducting studies to explore the growth of skin tumors in patients with neurofibromatosis type 1 (NF1). Investigators wish to learn how fast these tumors grow, how often new tumors appear and what genes are involved in the growth of the tumors. The studies are conducted at the NIH Clinical Center located in Bethesda, Maryland and conveniently located on the Metro Red Line (Medical Center stop).

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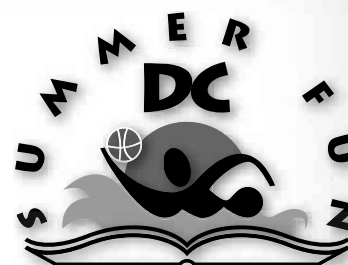
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## Local

# Museum Changes Policies

## Smithsonian bars high-ranking execs from corporate boards

WASHINGTON | The Smithsonian Institution's governing board on Monday said high-ranking executives at the museum complex will be barred from serving on corporate boards.

The board's decision followed Smithsonian Secretary Lawrence M. Small's resignation in March amid criticism about his spending. The board was acting on recommendations from a nearly three-

month review by the Smithsonian Board of Regents' governance committee.

The committee took note that Marriott International Inc. had paid Small \$208,000 in direct pay, stock and other compensation in 2006 for serving on its board. Small also served on the board of one of the Smithsonian's insurers, the Chubb Group, receiving \$169,675 last year in cash and stock.

Deputy Secretary Sheila Burke has also sat on two corporate boards, including Chubb, which paid her nearly \$194,676 last year in cash and stock. Burke resigned

Monday, saying she believed the Smithsonian needed new leadership.

"To avoid even the appearance of conflict of interest ... Smithsonian senior executives shall not be permitted to serve on the board of a for-profit company," the committee wrote.

The report called for the creation of a Smithsonian Code of Ethics, a review of compensation systems for its federal and private trust fund employees and a public forum each year to emphasize the board's openness and "culture of accountability."

BRETT ZONGKER (AP)

## HEARSAY | HOT DOGS

"Seven hundred nineteen pounds of man, and they are losing to a 107-pound woman!"

—GEORGE SHEA, ANNOUNCER

AT THE ANNUAL NATHAN'S FAMOUS HOT DOG EATING CONTEST JUNE 16 IN NORFOLK. HE WAS REFERRING TO MARYLAND'S JULIET LEE, WHO WON BY EATING 26 HOT DOGS IN 12 MINUTES.

## The Lotteries

Monday, June 18

### DISTRICT

Mid-day Lucky Numbers	3-4-9
Evening Lucky Numbers	3-8-4
Mid-day DC 4	2-4-8-6
Evening DC 4	9-6-8-1
Rolling Cash Five	18-31-34-30-22
Daily 6	11-7-13-17-6-8 Bonus: 37

### MARYLAND

Mid-day Pick 3	1-7-7
Evening Pick 3	9-9-4
Mid-day Pick 4	3-6-7-4
Evening Pick 4	8-7-3-3
Match 5	1-5-16-26-30 Bonus: 21

### VIRGINIA

Mid-day Pick 3	1-3-5
Evening Pick 3 (Sun.)	0-2-1
Mid-day Pick 4	1-2-9-4
Evening Pick 4 (Sun.)	4-7-4-3
Mid-day Cash 5	6-9-19-31-34
Evening Cash 5 (Sun.)	19-29-30-31-33

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office.

## PR. GEORGE'S | SUMMER HAS UNOFFICIALLY BEGUN



**BEAT THE HEAT:** Alana Abrams, 8, right, of Bowie, Md., and Lorin Holland, 7, of Lanham, Md., splash around at the Ellen Linson Swimming Pool in College Park, Md. They are part of the Prince George's County Department of Parks and Recreation summer day camp program, which began Monday.

# White House Annex Evacuated After Scare

WASHINGTON | A bomb-sniffing dog reacted to a minivan being used for Israeli Prime Minister Ehud Olmert's visit Monday, leading to a 90-minute evacuation of parts of a White House annex building. Nothing suspicious was found in the vehicle, said Secret Service spokesman Dan Blackford.

Olmert was having meetings at the Blair House, the government

guest quarters on Pennsylvania Avenue across from the White House, and his schedule was not affected, members of his delegation said.

The evacuated building was the White House conference center, on Jackson Place around the corner from Blair House.

The conference center temporarily houses the White House press corps. (AP)

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# Money



French Prime Minister Francois Fillon, center, listens to Airbus chief Louis Gallois, left, during the opening of the Paris Air Show in Le Bourget, France, Monday.

## Airbus Gets Boost Over Rival Boeing

LE BOURGET, FRANCE | Airbus stole the spotlight from U.S. rival Boeing Co. on the opening day of the world's largest air show on Monday, announcing deals worth around \$45 billion.

Boeing, in contrast, tallied up orders worth \$4.4 billion.

However, despite its early lead in the traditional trans-Atlantic rivalry at the weeklong Paris Air Show in Le Bourget, Airbus still has a long way to go to match Boeing's superselling Dreamliner 787. Heading into the fair, Chicago-based Boeing had already pocketed 584 orders for the Dreamliner, compared to Airbus' 13 orders for its A350.

Toulouse-based Airbus added a total of 92 firm orders to that 13 on Monday, comprising 80 from Qatar and 12 from Kuwait Aviation Lease — US Airways also plans to add two to its previous order of 20 — but the success of the plane is by no means assured.

The Paris show comes amid revived fortunes for the commercial airline industry. After two years in the red, the industry will make a profit of just over \$5 billion this year, despite rising fuel costs, says the International Air Transport Association, whose 250 members claim to represent 94 percent of international air traffic. (AP)

## In Brief

SAN FRANCISCO

### Yahoo CEO Semel Steps Down; Yang to Take Top Job

Yahoo Inc. Chairman Terry Semel ended his six-year tenure as chief executive officer Monday and will hand over the reins to co-founder Jerry Yang in the Internet icon's latest attempt to regain investor confidence. Semel, 64, will remain chairman in a non-executive role. The Sunnyvale, Calif.-based company announced the shake-up less than a week after Semel faced off with shareholders disillusioned with Yahoo's lackluster performance during the past 18 months and with Semel's compensation. (AP)

HOUSTON

### Former Enron Internet Exec Sentenced to Prison Term

The former chief of Enron Corp.'s high-speed Internet unit, who turned into a government witness and testified in the trial of former Enron CEO Jeffrey Skilling and company founder Kenneth Lay, was sentenced Monday to 27 months in prison. It's been nearly three years since Kenneth Rice, 48, pleaded guilty to securities fraud and agreed to help federal prosecutors on other cases related to the energy giant's collapse. The plea deal with prosecutors also required him to forfeit \$13.7 million in cash and property. (AP)

## Market Action

### New York Stock Exchange

#### Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
HarvNRes	13.50	+3.68	+37.5
Fortress n	25.57	+2.10	+8.9
Lennox	34.84	+2.73	+8.5
Gensco	53.75	+4.15	+8.4
Magnetek	5.20	+3.38	+7.9

#### Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
LeeEnt	21.48	-2.45	-10.2
C&D Tch	5.19	-.30	-5.5
TOUSA	4.13	-.23	-5.3
HuttigBld	7.47	-.41	-5.2
KBW Inc n	30.16	-1.55	-4.9

### NASDAQ Stock Market

#### Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Vical	5.95	+.96	+19.2
InPlay	2.35	+.37	+18.7
LMI Aer	24.02	+3.46	+16.8
CoastFin	3.48	+.48	+16.0
Iomai	1.99	-.07	-3.4

#### Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
EncysiveP	2.32	-1.78	-43.4
US EnSys If	3.11	-1.05	-25.2
RurlCellA	37.94	-4.30	-10.2
ACMcLn n	24.50	-2.63	-9.7
Devcon	3.09	-.30	-8.8

### Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.19	5.26
3-month disc	4.49	4.59
2-year	4.99	4.98
10-year	5.14	5.13
30-year	5.25	5.24

### Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5041	.5063	.5405
Canadian Dollar	1.0725	1.0685	1.1220
European Euro	.7456	.7475	.7915
Japanese Yen	123.61	123.46	115.09
Mexican Peso	10.7737	10.7793	11.4153
Taiwanese Dollar	33.25	33.25	32.47

DOW	NASDAQ	S&P 500
-26.50	-0.11	-1.86
-0.19		-0.12
13612.98	2626.60	1531.05

### Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	58.61	-.42	-14.2
Amylin	42.25	-.73	+17.1
BiogenIdc	51.63	+.30	+5.0
Celgene	58.79	-1.29	+2.2
ChRvLab	53.87	...	+24.6
GenProbe	55.80	-.70	+6.5
Genentech	76.83	-.17	-5.3
Genzyme	65.71	-1.19	+6.7
GileadSci	80.51	-.32	+24.0
Imclone	37.34	+.40	+39.5
Invitrogn	73.79	-.72	+30.4
MedImun	57.97	+.03	+79.1
MillPhar	10.59	-.06	-2.8
PDL Bio	24.39	-.29	+21.1
VertexPh	27.37	-.32	-26.9



**KIDDIE LIT TOUR:** J.K. Rowling, the woman behind everyone's favorite adolescent four-eyes and the rest of the Hogwarts gang, will tour the U.S. in October, reading from and signing copies of her latest book, "Harry Potter and the Deathly Hallows."

## Entertainment

# Preteens in Disguise

### Grown-ups play with Transformers and eagerly await the film

**ROBOTS** | Benson Yee was a Star Wars-obsessed kid when something new caught his eye in a toy store during a family vacation: Transformers — "robots in disguise" — that changed into vehicles or other objects.

"I didn't know what they were, but I wanted one," Yee said of the toy Hasbro introduced in 1984. His uncle bought him seven that day.

More than two decades later, Yee, 31, has 3,000 pieces in his Transformers collection and his own Web site, Ben's World of Transformers.

Yee is one of many men now in their late 20s and early 30s who grew up surrounded by Transformers — the toys, the cartoon, the comic books — and who are experiencing childlike anticipation of the July 3 release of the "Transformers" live action movie. The film is being executive-produced by Steven Spielberg and directed by Michael Bay of "Armageddon" and "The Rock" fame.

"If there is a way for them to reach into the core of me and bring out a piece of my childhood, I think they did that," said Yee, an IT consultant from Elizabeth, N.J., who



**MORE THAN A HOBBY:** Benson Yee is a 31-year-old IT consultant. Oh, and he has a 3,000-piece Transformers collection.

saw clips of the film at New York's Toy Fair this year and plans to see the whole thing six days early at BotCon, the annual Transformers convention being held in Providence this month.

Dylan Glassford, 26, an artist in Markham, Ontario, who goes by the name "Ninjatron" in Transformer fan-dom circles, said the movie's release is validation for the hobby he's had since he was a teenager.

To Glassford and others, the appeal of Transformers is the strong

characters and the staying power of the "more than meets the eye" concept. "Now the world gets to see in a big budget movie ... Transformers are cool and they always have been," said Glassford.

Hasbro, of course, has been feeding the excitement, as have the studios, Dreamworks and Paramount. The first preview of the movie was released last summer. The 1986 "Transformers: The Movie" animated film was re-released on DVD, and Hasbro last year put out

"Transformers Classics," based on the original toy line. This month, it put out another toy line based on the new movie.

Brian Savage, who organizes BotCon, said the movie has raised the awareness of Transformers among the general public. While BotCon has been around since 1994, he estimates this year's convention will be the biggest BotCon yet.

"I think we'll have a lot more Transformers fans after July 4," he said. MICHELLE R. SMITH (AP)

# Harnessing Psychobilly

### Tiger Army defines its sound on a new, mellowed-out album

**ROCK** | After two albums of full-on psychobilly stomping, Tiger Army found its voice with No. 3, 2004's "III: Ghost Tigers Rise," a collection of dark and delicate tunes that values mood over aggression.

Perhaps because of the band's heightened profile, singer and guitarist Nick 13 has decided to shuck

the nuanced sound he was beginning to cultivate and, with the help of super-slick pop-punk producer Jerry Finn, create the biggest-sounding follow-up possible.

In that sense, "Music From Regions Beyond" (Epitaph) is a success. The album marks the furthest the California trio has strayed from its rockabilly roots, as the group mostly sounds like a crisp mall-punk outfit that just happens to feature upright bass and Gretsch guitar.



Front man Nick 13 and his bandmates blend 50s rockabilly with punk-rock.

Even amid the AFI-like "Hot-prowl" and "Pain," though, the group manages to retain some of its mysterious noir twang. The Goth gallop of "LunaTone," for one, proves a fine vehicle for Nick 13's ever-tortured lyrics.

Fans angry with the band's move toward the middle of the road will either be heartened or disgusted by the disc's one major stylistic departure, "As the Cold Rain Falls," which is practically a cover of New Order's "Age of Consent."

Although it's not entirely worth the gas, the road trip back to 1983 at least shows that Tiger Army hasn't yet surrendered to predictability.

KENNETH PARTRIDGE (HARTFORD COURANT)

## Today's Top Stops

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### SUZAN-LORI PARKS Ask 365 Questions



Pulitzer-Prize winning playwright and novelist Suzan-Lori Parks discusses her work tonight at Studio Theatre and will focus on her latest project, "365 Days/365 Plays."

The discussion will be moderated by Howard Shalwitz and Joy Zinoman, from Woolly Mammoth Theatre Company and Studio Theatre, respectively.

→ The Studio Theatre, 14th and P Sts. NW; 7 p.m., RSVP required; 202-332-3300. (Dupont Circle)



### WYCLEF JEAN Former Fugee

Kick off the DC Caribbean Carnival with a free outdoor concert featuring Wyclef Jean, Shaggy, Jamaica's the Ska-talites, and Richmond-based jazz-funk band Plunky & Oneness.

→ Millennium Stage, Kennedy Center, 2700 F St. NW; 5 p.m., free; 202-467-4600. (Foggy Bottom)

### STOP THE TORTURE CONCERT Musical Dissent

The ACLU, the Hip Hop Caucus and Amnesty International join forces tonight to bring Dead Prez, Mystic, Wise Intelligent and Uncalled 4 Experience, among others, together to raise awareness about torture by taking a firm stand against it.

→ 9:30 Club, 815 V St. NW; 7:30 p.m., \$10; 202-265-0930. (U St. - Cardozo)

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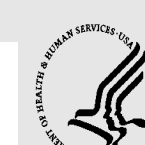
- They are 12-20 years of age.
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Tix on Sale RATATOUILLE (G) ★</b> <b>FANTASTIC FOUR: SILVER SURFER (PG) DIG ★</b> (1045 130 430) 700 930 <b>NANCY DREW (PG) DIG</b> (1200 1230 125 155 225 255 350 420 450 520) 625 655 725 755 900 920 950 1020 <b>OC: OCEAN'S 13 (PG-13) DIG</b> (1230 300) 530 810 1030 <b>HOSTEL 2 (R) - ID REQ'D DIG</b> (1215 100 130) 400 445 630 720 800 1020 <b>KNOCKED UP (R) - ID REQ'D DIG</b> (1220 110) 320 430 640 730 940 <b>MR. BROOKS (R) - ID REQ'D DIG</b> (1250) 350 725 1015 <b>PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG (1155)</b> 330 615 705 955 1040 <b>SHREK THE THIRD (PG) DIG</b> (1210 225) 455 710 925 <b>SPIDER-MAN 3 (PG-13) DIG</b> (1200) 305 <b>COUNTRYSIDE STADIUM 20</b> 45980 Regal Plaza 800-FANDANGO 394# <b>Adv. Tix on Sale HARRY POTTER &amp; ORDER OF THE PHOENIX (PG-13) ★</b> <b>Adv. Tix on Sale LIVE FREE OR DIE HARD (PG-13) ★</b> <b>Adv. Tix on Sale RATATOUILLE (G) ★</b> <b>FANTASTIC FOUR: SILVER SURFER (PG) DIG ★</b> (1150 220 450) 730 1000 <b>NANCY DREW (PG) DIG</b> (1200 1230 125 155 225 255 350 420 450 520) 625 655 725 755 900 920 950 1020 <b>OC: OCEAN'S 13 (PG-13) DIG</b> (1230 300) 530 810 1030 <b>HOSTEL 2 (R) - ID REQ'D DIG</b> (1215 100 130) 400 445 630 720 800 1020 <b>KNOCKED UP (R) - ID REQ'D DIG</b> (1220 110) 320 430 640 730 940 <b>MR. BROOKS (R) - ID REQ'D DIG</b> (1250) 350 725 1015 <b>PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG (1120)</b> 330 615 705 955 1040 <b>SHREK THE THIRD (PG) DIG</b> (1050 120 350) 620 850 <b>SPIDER-MAN 3 (PG-13) DIG</b> (1035 145 455) <b>ROCKVILLE CENTER STADIUM 13</b> Rockville Town Center 800-FANDANGO 248# <b>Adv. Tix on Sale HARRY POTTER &amp; ORDER OF THE PHOENIX (PG-13) ★</b> <b>Adv. Tix on Sale LIVE FREE OR DIE HARD (PG-13) ★</b> <b>Adv. Tix on Sale RATATOUILLE (G) ★</b> <b>FANTASTIC FOUR: SILVER SURFER (PG) DIG ★</b> (1145 215 445) 715 945 <b>NANCY DREW (PG) DIG</b> (1200 1230 125 155 225 255 350 420 450 520) 625 655 725 755 900 920 950 1020 <b>OC: OCEAN'S 13 (PG-13) DIG</b> (1230 300) 530 810 1030 <b>HOSTEL 2 (R) - ID REQ'D DIG</b> (1215 100 130) 400 445 630 720 800 1020 <b>KNOCKED UP (R) - ID REQ'D DIG</b> (1220 110) 320 430 640 730 940 <b>MR. BROOKS (R) - ID REQ'D DIG</b> (1250) 350 725 1015 <b>PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG (1120)</b> 330 615 705 955 1040 <b>SHREK THE THIRD (PG) DIG</b> (1240 140 330 410) 640 940 <b>SPIDER-MAN 3 (PG-13) DIG</b> (1200 310) 645 950 <b>MANASSAS STADIUM 14</b> 11380 Bulloch Drive 800-FANDANGO 490# <b>Adv. Tix on Sale HARRY POTTER &amp; ORDER OF THE PHOENIX (PG-13) ★</b> <b>Adv. Tix on Sale LIVE FREE OR DIE HARD (PG-13) ★</b> <b>Adv. Tix on Sale RATATOUILLE (G) ★</b> <b>FANTASTIC FOUR: SILVER SURFER (PG) DIG ★</b> (1130 1210 200 230 430 500) 740 810 1000 1025 <b>NANCY DREW (PG) DIG</b> (1150 215 505) 725 945 <b>FANTASTIC 4: DIGITAL PROJECTION (PG) DIG ★</b> (100 400) 930 <b>OCEAN'S 13 (PG-13) DIG</b> (1155 1230 250 330) 650 730 955 1030 <b>HOSTEL 2 (R) - ID REQ'D DIG</b> (1240 315) 700 920 <b>SURF'S UP (PG) DIG</b> (1140 1215 205 240 450) 720 940 <b>KNOCKED UP (R) - ID REQ'D DIG</b> (1245 350) 635 715 930 1020 <b>PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG (1245)</b> 425 500 810 1010 <b>SHREK THE THIRD (PG) DIG</b> (1135 1200 150 220 410 445) 735 1005 <b>SPIDER-MAN 3 (PG-13) DIG</b> (1225 355) 640 950 <b>Free Family Film Festival - Tomorrow 10AM</b> <b>Free Family Film Festival - Today 10AM</b>		

Times For 6/19/07 Daily Bargain Matinees In ( ) OC= Open Captioned DA= Descriptive Audio Available \* Pass / Discount Ticket Restrictions Apply ©2007

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## AMC HOFFMANN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria  
703-998-4AMC

### PRESENTED IN DIGITAL PROJECTION

**SHREK THE THIRD (PG)** 2:20, 4:50, 7:15, 9:40  
**DOA: DEAD OR ALIVE (PG13)** 12:50, 3:05, 5:25, 7:40, 10:05  
**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 12:00, 1:00, 2:00, 2:30, 3:00, 3:30, 4:30, 5:00, 5:30, 6:00, 7:00, 7:30, 8:00, 8:30, 9:30, 10:00  
**NANCY DREW (PG)** 12:05, 2:35, 4:50, 7:05, 9:25  
**HOSTEL: PART II (R)** 2:25, 4:55, 7:25, 8:05, 9:55, 10:25  
**OCEAN'S THIRTEEN (PG13)** 1:15, 1:45, 2:15, 4:15, 4:45, 5:15, 7:15, 7:45, 8:15, 10:15  
**OCEAN'S THIRTEEN (PG13)** 1:15, 1:45, 2:15, 4:15, 4:45, 5:15, 7:15, 7:45, 8:15, 10:15  
**SURF'S UP (PG)** 12:15, 12:55, 2:10, 2:45, 3:15, 4:25, 5:05, 5:35, 6:50, 7:20, 9:00, 9:35  
**KNOCKED UP (R)** 1:10, 2:05, 4:05, 5:05, 7:10, 8:10, 10:10  
**MR. BROOKS (R)** 1:40, 4:40, 7:35, 10:25  
**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 12:35, 2:40, 4:10, 6:15, 7:55, 9:50  
**SHREK THE THIRD (PG)** 12:10, 2:50, 5:20, 7:45, 10:10  
**28 WEEKS LATER (R)** 12:20, 2:55, 5:20, 7:50, 10:20  
**SPIDER-MAN 3 (PG13)** 3:40, 6:50, 9:55

## LOEWS GEORGETOWN 14

3111 K Street, N.W.  
202-342-6441

### PRESENTED IN DIGITAL PROJECTION

**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 2:50, 6:30, 10:15  
**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 1:10, 2:30, 3:30, 4:45, 5:45, 7:15, 8:15, 9:45, 10:30  
**NANCY DREW (PG)** 1:00, 3:00, 5:20, 7:40, 10:05  
**NANCY DREW (PG)** 1:00, 3:00, 5:20, 7:40, 10:05  
**HOSTEL: PART II (R)** 2:15, 4:35, 9:35  
**OCEAN'S THIRTEEN (PG13)** 1:10, 2:10, 4:05, 5:05, 7:00, 8:00, 10:00  
**SURF'S UP (PG)** 1:20, 3:35, 5:50, 8:10, 10:30  
**KNOCKED UP (R)** 1:00, 3:40, 4:40, 6:45, 7:45, 9:50, 10:30  
**MR. BROOKS (R)** 1:05, 4:00, 6:50, 9:40  
**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 3:35, 7:30  
**SHREK THE THIRD (PG)** 1:15, 2:35, 4:55, 7:20, 9:55  
**SPIDER-MAN 3 (PG13)** 1:25

### AMC SELECT

**WAITRESS (PG13)** 2:25, 5:10, 7:50, 10:25

## LOEWS RIO CINEMAS 18

9811 Washingtonian Boulevard  
301-948-0906

### PRESENTED IN DIGITAL PROJECTION

**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 1:35, 5:15, 9:00  
**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 12:30, 1:15, 2:00, 2:50, 3:35, 4:20, 5:15, 6:10, 6:55, 7:45, 8:40, 9:20, 10:20  
**NANCY DREW (PG)** 1:25, 3:45, 6:10, 8:20, 10:30  
**HOSTEL: PART II (R)** 1:20, 3:50, 6:10, 8:30, 10:40  
**OCEAN'S THIRTEEN (PG13)** 12:45, 1:30, 2:15, 3:35, 4:20, 5:05, 6:30, 7:15, 8:00, 9:20, 10:10  
**OCEAN'S THIRTEEN (PG13)** 1:30, 4:20, 7:15, 10:10  
**SURF'S UP (PG)** 12:40, 1:40, 2:50, 3:50, 5:10, 6:10, 7:20, 8:20, 9:30, 10:30  
**KNOCKED UP (R)** 12:50, 1:35, 3:50, 4:35, 7:00, 7:40, 10:00, 10:40  
**MR. BROOKS (R)** 1:00, 4:00, 7:00, 10:00  
**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 12:35, 4:15, 8:00  
**SHREK THE THIRD (PG)** 1:10, 2:10, 3:30, 4:30, 5:50, 6:50, 8:10, 9:10, 10:30  
**SPIDER-MAN 3 (PG13)** 1:00, 4:10, 7:15, 10:15

## LOEWS SHIRLINGTON 7

2772 South Randolph  
703-671-0910 801

### AMC SELECT

**LA VIE EN ROSE (PG13)** 1:20, 4:10, 7:00  
**PAPRIKA (R)** 2:00, 4:10, 7:50  
**WAITRESS (PG13)** 1:40, 4:20, 7:00  
**AWAY FROM HER (PG13)** 2:10, 4:40, 7:40  
**PARIS, JE T'AIME (R)** 1:50, 4:30, 7:20  
**ONCE (R)** 1:30, 3:50, 7:10  
**THE NAMESAKE (PG13)** 2:20, 4:50, 7:30

## AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886  
703-998-4262

### PRESENTED IN DIGITAL PROJECTION

**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 12:20, 3:50, 7:20  
**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 12:15, 1:00, 2:00, 2:45, 3:30, 4:30, 5:15, 6:00, 7:00, 7:45, 8:30, 9:30, 10:15  
**NANCY DREW (PG)** 12:40, 3:00, 5:20, 7:40, 10:05  
**HOSTEL: PART II (R)** 1:55, 4:20, 6:55, 9:40, 10:30  
**OCEAN'S THIRTEEN (PG13)** 12:10, 1:10, 2:10, 3:10, 4:10, 5:10, 6:10, 7:10, 8:10, 9:10, 10:10  
**SURF'S UP (PG)** 12:25, 1:45, 2:40, 4:15, 5:05, 6:40, 7:30, 9:05, 9:55  
**SURF'S UP (PG)** 1:45, 4:15, 6:40, 9:05  
**KNOCKED UP (R)** 12:55, 1:50, 4:00, 4:55, 7:05, 7:50, 10:00  
**MR. BROOKS (R)** 1:35, 4:35, 7:35, 10:25  
**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 2:50, 6:20, 9:50  
**SHREK THE THIRD (PG)** 12:00, 1:15, 2:20, 3:40, 4:50, 6:05, 7:25, 8:20, 9:45  
**SPIDER-MAN 3 (PG13)** 1:05, 4:05, 7:15, 10:20

## AMC COLUMBIA MALL 14

10300 Patuxent Parkway  
410-423-0520

### PRESENTED IN DIGITAL PROJECTION

**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 1:50, 5:30, 9:10  
**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 12:40, 2:00, 3:10, 4:30, 5:40, 7:00, 8:10, 9:30, 10:40  
**NANCY DREW (PG)** 12:55, 3:30, 6:05, 8:40  
**NANCY DREW (PG)** 12:55, 3:30, 6:05, 8:40  
**HOSTEL: PART II (R)** 1:00, 3:25, 5:55, 8:20, 10:45  
**OCEAN'S THIRTEEN (PG13)** 12:30, 1:40, 3:40, 4:40, 6:40, 7:40, 9:40, 10:55  
**SURF'S UP (PG)** 12:45, 2:05, 3:05, 4:25, 5:25, 6:50, 9:15  
**KNOCKED UP (R)** 1:10, 4:15, 7:20, 10:25  
**MR. BROOKS (R)** 12:10, 2:55, 5:45, 8:30  
**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 6:30, 10:10  
**SHREK THE THIRD (PG)** 12:20, 1:30, 2:40, 4:05, 5:00, 7:30, 9:50  
**SPIDER-MAN 3 (PG13)** 7:50, 10:50

### AMC SELECT

**WAITRESS (PG13)** 12:15, 2:45, 5:20, 8:00, 10:30

## AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road  
703-971-3991

**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 12:15, 2:00, 2:45, 4:30, 5:15, 7:00, 7:45, 9:30, 10:15  
**NANCY DREW (PG)** 4:45, 7:00  
**HOSTEL: PART II (R)** 5:45, 8:00  
**OCEAN'S THIRTEEN (PG13)** 4:15, 7:15  
**SURF'S UP (PG)** 12:00, 2:30, 5:00, 7:15, 9:45  
**KNOCKED UP (R)** 4:30, 7:45  
**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 4:35, 8:30  
**SHREK THE THIRD (PG)** 12:30, 3:00, 5:20, 7:35, 10:00  
**SPIDER-MAN 3 (PG13)** 4:10, 7:30

## MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo  
301-324-4220

**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 12:15, 1:00, 2:45, 3:30, 5:15, 6:00, 7:45, 8:30, 10:15, 10:40  
**NANCY DREW (PG)** 12:05, 2:15, 4:55, 7:15, 9:45  
**HOSTEL: PART II (R)** 12:30, 3:00, 5:35, 8:00, 10:35  
**OCEAN'S THIRTEEN (PG13)** 12:50, 1:50, 3:50, 4:50, 6:50, 7:50, 9:50, 10:30  
**SURF'S UP (PG)** 12:20, 1:05, 2:30, 3:15, 4:45, 5:30, 7:00, 9:15  
**KNOCKED UP (R)** 1:20, 4:20, 7:20, 10:20  
**MR. BROOKS (R)** 1:25, 4:25, 7:25, 10:25  
**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 12:00, 3:20, 6:45, 10:15  
**SHREK THE THIRD (PG)** 12:10, 2:25, 4:40, 7:10, 9:40  
**SPIDER-MAN 3 (PG13)** 7:30, 10:30

## LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.  
1-800-FANDANGO #713

**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 4:10, 4:45, 8:30

## AMC TYSONS CORNER 16

7850 Tysons Corner Center  
703-998-4262

### PRESENTED IN DIGITAL PROJECTION

**SHREK THE THIRD (PG)** 1:50, 4:15, 7:05, 9:20  
**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 12:05, 12:55, 1:40, 2:30, 3:15, 4:00, 4:45, 5:35, 6:15, 7:00, 7:50, 8:30, 9:15, 10:05, 10:45  
**NANCY DREW (PG)** 12:20, 2:40, 4:50, 7:25, 9:40  
**HOSTEL: PART II (R)** 12:50, 3:05, 5:25, 7:40, 10:20  
**OCEAN'S THIRTEEN (PG13)** 1:00, 2:25, 4:05, 5:20, 7:00, 8:05, 9:55, 10:45  
**SURF'S UP (PG)** 12:15, 1:25, 2:35, 3:35, 4:55, 6:00, 7:10, 8:10, 9:25, 10:15  
**KNOCKED UP (R)** 12:00, 1:20, 2:55, 4:20, 5:50, 7:30, 8:50, 10:30  
**MR. BROOKS (R)** 1:35, 4:25, 7:20, 10:10  
**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 12:10, 1:55, 3:40, 5:45, 7:15, 9:30, 10:40  
**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 1:55, 5:45, 9:30  
**SHREK THE THIRD (PG)** 12:45, 3:10, 5:40, 8:00, 10:25

## AMC MAZZA GALLERIE

Jenifer and Wisconsin  
202-537-9553

**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 2:00, 4:30, 7:00, 9:30  
**NANCY DREW (PG)** 1:00, 3:15, 5:50, 7:50, 10:10  
**HOSTEL: PART II (R)** 12:50, 3:10, 5:40, 8:00, 10:20  
**OCEAN'S THIRTEEN (PG13)** 1:15, 4:15, 7:15, 10:15  
**KNOCKED UP (R)** 1:40, 4:45, 7:40, 10:30  
**MR. BROOKS (R)** 2:10, 4:50, 7:25, 10:25  
**SHREK THE THIRD (PG)** 12:30, 2:45, 5:15, 7:45, 10:00

## AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.  
703-998-4AMC

**HOSTEL: PART II (R)** 12:50, 3:00, 5:15, 7:50, 10:00  
**OCEAN'S THIRTEEN (PG13)** 12:30, 1:30, 3:30, 4:30, 6:30, 7:30, 9:30, 10:30  
**SURF'S UP (PG)** 12:40, 2:50, 5:10, 7:10, 9:20  
**KNOCKED UP (R)** 1:00, 2:00, 4:00, 5:00, 7:00, 8:00, 9:50, 10:40  
**SHREK THE THIRD (PG)** 1:10, 3:20, 5:30, 7:40, 9:50

### AMC SELECT

**WAITRESS (PG13)** 2:20, 4:50, 7:20, 9:45

## LOEWS FAIRFAX SQUARE 8

8065 Leesburg Pike  
703-506-9857 802

**DOA: DEAD OR ALIVE (PG13)** 12:00, 3:00, 5:10, 8:10, 10:15  
**28 WEEKS LATER (R)** 12:10, 2:20, 4:50, 8:00, 10:25  
**GEORGIA RULE (R)** 1:10, 4:20, 7:30, 10:20  
**SPIDER-MAN 3 (PG13)** 1:00, 4:00, 7:00, 9:55  
**FRACTURE (R)** 1:30, 4:10, 7:20, 10:00  
**HOT FUZZ (R)** 1:30, 4:10, 7:20, 10:00

### AMC SELECT

**GRACIE (PG13)** 12:20, 5:00, 9:50  
**WAITRESS (PG13)** 12:00, 2:20, 4:40, 7:50, 10:10  
**THE NAMESAKE (PG13)** 2:20, 7:10

## LOEWS DUPONT 5

1350 19th St.  
1-800-FANDANGO #711

**OCEAN'S THIRTEEN (PG13)** 1:30, 4:30, 7:30  
**KNOCKED UP (R)** 1:15, 4:00, 7:00  
**TEN CANES (NR-NOT RATED)** 1:45, 4:15, 7:15  
**HOT FUZZ (R)** 5:00

### AMC SELECT

**THE VALET (PG13)** 4:45  
**THE NAMESAKE (PG13)** 2:00, 7:45  
**AVENUE MONTAIGNE (PG13)** 2:15, 8:00

## LOEWS WHITE FLINT 5

North Bethesda  
1-800-FANDANGO #741

**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 2:00, 4:30, 7:00  
**OCEAN'S THIRTEEN (PG13)** 2:10, 4:35, 7:25  
**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 2:10, 6:30  
**SHREK THE THIRD (PG)** 2:15, 4:20, 7:00  
**AMC SELECT**  
**WAITRESS (PG13)** 2:20, 4:40, 7:15

Times for Tuesday, June 19, 2007

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### STEP 1

3"



Set the blade height of your traditional or mulching mower to 3 inches.

### STEP 2

4"



Cut your lawn before or when the height of your grass reaches 4 inches. Leave the grass clippings on the lawn.

### STEP 3



The grass clippings will break down into the lawn as a natural fertilizer. Use the time saved to enjoy your lawn!



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Just mow and go!**



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TWENTY-ONE WIVES, LOVERS, AND OTHERS TALK OPENLY  
ABOUT SEX, DECEPTION, LOVE, AND BETRAYAL

## THE OTHER WOMAN

JANE SMILEY  
DANI SHAPIRO  
LYNN FREED  
SUSAN CHEEVER  
DIANA ABU-JABER  
PAM HOUSTON  
AND 15 MORE  
WRITERS



EDITED BY VICTORIA ZACKHEIM

Victoria Zackheim's collection of essays explores the female response to infidelity from the angle of the cheater and the cheatee.

# Affairs Of the Heart

ESSAYS | Whose fault is infidelity?

The most deeply despised player in an affair tends not to be the cheating husband, but the object of his newfound affection: the lady behind the lipstick on the collar.

What is it about these women who lure away committed men? What is it like to be them, and what is it like on the hopeless other end, trying to silence their siren calls?

A series of essays collected in "The Other Woman," edited by "The Bone Weaver" author Victoria Zackheim, explores the complex mysteries of the modern-day mistress from both female points of the triangle. (Nobody cares what the men are thinking because the assumption is they're not.)

Canadian TV personality Mary Jo Eustace is a left-behind wife.

Her husband runs off with actress Tori Spelling. This stuff is not made up.

"And just when I thought I couldn't feel any more pain, he says, 'I don't love you anymore. And I don't respect you,'" Eustace writes in her essay "Palm Spring."

"He takes a breath. 'I haven't for a very long time.'"

It might not be the thing you buy for a newly devastated friend.

In the strongest piece of the bunch, seasoned novelist Caroline Leavitt writes with a storyteller's nose for suspense and conflict in the unbelievable true-life tale "Cassandra." With a sordid, tangled plot, it ventures way beyond the fundamental scandal of infidelity at the root of each essay.

Two stories involve lesbian affairs, but the most striking inclusion is "The Man With the Big Hands," which significantly diminishes the evilness of every other man in the book by introducing a child-molesting uncle.

"I became the other woman at six," writes Maxinne Rhea Leighton.

Gulp. What is everybody else whining about?

That's not entirely fair; this book rarely whines. It's noticeably grounded, in fact.

HILLARY RHODES (AP)

## Travel smarter

Tips and inside info.  
Travel.  
Wednesdays in Express.

**express**

A publication of The Washington Post



XX566 3x2



**HIS BIG BREAK:** Hayden Panettiere's character Claire takes a lover on "Heroes," NBC's hit sci-fi drama. The boy toy will be played by Nick D'Agosto, who is no doubt celebrating his first recurring role after doing a slew of dead-end pilots.



# Television

## ON TV TONIGHT

### SULTAN OF SPOOK

Director Wes Craven joins the judges on **ON THE LOT** (8 p.m., Fox).

### PARENTING IS TOUGH

A teenage father figure might not make it on **HOUSE** (9 p.m., Fox).

### HOW TO SAVE A LIFE

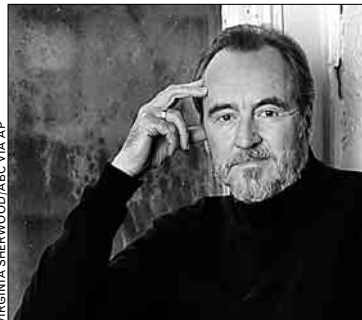
**CRITICAL SITUATION** (9 p.m., National Geographic) recalls the rescue of a pilot downed in Bosnia.

### NOT ALL FUN AND GAMES

In tonight's installment of **MY LIFE ON THE LIST** (10 p.m., Bravo), Kathy Griffin receives devastating news about her father's health and puts her comedy on hold to be by his side.

### REGIS PLAYS ED

If you don't believe the summer onslaught of "talent" shows are the



**HE'S A SCREAM:** Horror-master Wes Craven judges novice directors tonight.

reincarnation of the old TV variety show, then check out tonight's installment of **AMERICA'S GOT TALENT** (8 p.m., NBC). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

# Light at the End?

## PBS dissects the troop surge — and whether it's working

**WAR** | With "Endgame," the news-magazine "Frontline" (9 p.m., PBS, check local listings) presents its fifth installment in a worthy history of the Iraq war. "Endgame" examines the current surge strategy and its origins.

Along the way, "Endgame" provides a survey history of the military strategies, or lack of strategies, that have been used in Iraq since the invasion in 2003. Despite tough rhetoric about "victory" in Iraq, the



**TO STAY OR NOT TO STAY:** Watch the debate over additional troops in Iraq.

military has, with few exceptions (including two bloody battles in Fallujah), resisted direct engagement with insurgents in favor of a

"light footprint" strategy that some here deride as nothing more than "war tourism."

In 2006, inspired by Col. H.R. McMasters' success in the Iraqi city of Tal Afar, Secretary of State Condoleezza Rice began to champion a plan to use American forces to "clear, hold and build" specific Iraqi towns and cities. Her suggestions clearly irked then-Secretary of Defense Donald Rumsfeld, who attacked the policy in the harshest terms.

But after Rumsfeld's political demise, the surge strategy was adopted. While some in "Endgame" embrace the surge as a last best hope, others believe that the additional forces (30,000) don't amount to a surge but a "trickle." KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

6.19.07	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
<b>LOCAL CHANNELS</b>	WRC 4 News (N) [R]	The Simpsons [R]	The Simpsons [R]	Seinfeld [R]	On the Lot (S Live) [R]	America's Got Talent "Auditions No. 3" (N) [R]	House "Whac-A-Mole" (PA) [R]	Law & Order: Special Victims Unit [R]	News (N) [R]	News (N) [R]	News (N) [R]	Tonight Show
	WTTG 5 Seinfeld [R]	The Simpsons [R]	The Simpsons [R]	Seinfeld [R]	On the Lot (S Live) [R]	America's Got Talent "Auditions No. 3" (N) [R]	House "Whac-A-Mole" (PA) [R]	Law & Order: Special Victims Unit [R]	News (N) [R]	News (N) [R]	News (N) [R]	Every-Raymond
	WJLA 7 News (N) [R]	ABC Wild News	Wheel of Fortune	Jeopardy! (N)	Fast Cars-Sup. George Lopez [R]	According to Jim	According to Jim	Boston Legal "Angel of Death" [R]	News (N) [R]	News (N) [R]	News (N) [R]	(35) Nightline
	WUSA 9 News (N) [R]	Evening News	News	Entertainment	NCIS "Dead Man Walking" [R]	The Unit "Johnny B. Good" [R]	The Unit "Johnny B. Good" [R]	48 Hours Mystery [R]	News (N) [R]	News (N) [R]	News (N) [R]	Late Show
	WDCA 20 Judge Judy [R]	Judge Joe Brown	Scrubs [R]	Scrubs [R]	** "Just the Ticket" (1999) Andy Garcia, Andie MacDowell. [R]	Frontline "Endgame" (N) [R]	Frontline "Endgame" (N) [R]	Simon Schama's Power of Art (N) [R]	Still Standing [R]	Still Standing [R]	Malcolm-Mid.	Malcolm-Mid.
	WMPT 22 The NewsHour With Jim Lehrer (N)	Business Rpt.	Business Rpt.	Outdoors Md.	Nova "Bone Diggers" (N) [R]	Nova "Bone Diggers" (N) [R]	Nova "Bone Diggers" (N) [R]	Frontline "Endgame" (N) [R]	Simon Schama's Power of Art (N) [R]	Simon Schama's Power of Art (N) [R]	Roadshow FYI	Smart Travels
	WETA 26 BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)	Nova "Bone Diggers" (N) [R]	Nova "Bone Diggers" (N) [R]	Nova "Bone Diggers" (N) [R]	Nova "Bone Diggers" (N) [R]	Frontline "Endgame" (N) [R]	Simon Schama's Power of Art (N) [R]	Simon Schama's Power of Art (N) [R]	Charlie Rose (N) [R]	Charlie Rose (N) [R]
	WHUT 32 World Business	Tavis Smiley [R]	BBC World News	Moneywise	Mystery! [R] (DVS)	The Hidden Child [R]	The Hidden Child [R]	BBC World News	Tavis Smiley [R]	Tavis Smiley [R]	Charlie Rose (N) [R]	Charlie Rose (N) [R]
	WDCW 50 My Wife and Kids	My Wife and Kids	Friends [R]	Friends [R]	Gilmore Girls [R]	Veronica Mars "Charlie Don't Surf"	Veronica Mars "Charlie Don't Surf"	Will & Grace [R]	Will & Grace [R]	Will & Grace [R]	Sex and the City	Sex and the City
<b>BASIC CABLE</b>	A&E Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter [R]	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Criss Angel	Criss Angel	Criss Angel	Criss Angel	Criss Angel
	Animal The Crocodile Hunter Diaries [R]	The Most Extreme	Gluttons [R]	Dog Show "Animal Planet Dog Championships 2007" Harrisburg, Pa.	Dog Show "Animal Planet Dog Championships 2007" Harrisburg, Pa.	Dog Show "Animal Planet Dog Championships 2007" Harrisburg, Pa.	Dog Show "Animal Planet Dog Championships 2007" Harrisburg, Pa.	BET News Special [R]	BET News Special [R]	BET News Special [R]	Jamie Foxx	Jamie Foxx
	BET 106 & Park: BET's Top 10 Live Tyrese Gibson. (N) [R]	The Five (N)	The Five (N)	** "Lockdown" (2000, Drama) Richard T. Jones, Gabriel Casseus. [R]	** "Lockdown" (2000, Drama) Richard T. Jones, Gabriel Casseus. [R]	** "Lockdown" (2000, Drama) Richard T. Jones, Gabriel Casseus. [R]	** "Lockdown" (2000, Drama) Richard T. Jones, Gabriel Casseus. [R]	BET News Special [R]	BET News Special [R]	BET News Special [R]	Jamie Foxx	Jamie Foxx
	Bravo Real Housewives	Kathy Griffin: Strong Black Woman	Kathy Griffin: Strong Black Woman	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List
	Comedy (5:00) ** "Back to School" (1986)	Scrubs [R]	Scrubs [R]	Daily Show	Colbert Report	Colbert Report	Colbert Report	Lewis Black: Black on Broadway [R]	Lewis Black: Black on Broadway [R]	Lewis Black: Black on Broadway [R]	Colbert Report	Colbert Report
	Court Forensic Files	Forensic Files	Cops [R]	Cops [R]	Cops [R]	Cops [R]	Cops [R]	Murder by the Book	Murder by the Book	Murder by the Book	LA Forensics	North Mission
	Discovery Deadliest Catch "Crossing the Line"	Deadliest Catch [R]	Deadliest Catch [R]	Deadliest Catch [R]	Deadliest Catch [R]	Deadliest Catch [R]	Deadliest Catch [R]	After the Catch Notorious pranks. (N)	After the Catch Notorious pranks. (N)	After the Catch Notorious pranks. (N)	Deadliest Catch [R]	Deadliest Catch [R]
	DISCH Code Blue Car-crash injuries. [R]	Impact: Stories of Survival [R]	Impact: Stories of Survival [R]	On the Road With 16 Children [R]	On the Road With 16 Children [R]	On the Road With 16 Children [R]	On the Road With 16 Children [R]	Parenting a Baker's Dozen	Parenting a Baker's Dozen	Parenting a Baker's Dozen	On the Road With 16 Children [R]	On the Road With 16 Children [R]
	Disney That's So Raven	That's So Raven	Hannah Montana	Zack & Cody	"Up, Up and Away" (2000) Michael J. Pagan. [R]	"Up, Up and Away" (2000) Michael J. Pagan. [R]	"Up, Up and Away" (2000) Michael J. Pagan. [R]	That's So Raven	That's So Raven	That's So Raven	Zack & Cody	Hannah Montana
	E! Worst Dating	The Soup	E! News (N)	The Daily 10 (N)	The Mickey Mouse Club: The True Hollywood Story [R]	The Mickey Mouse Club: The True Hollywood Story [R]	The Mickey Mouse Club: The True Hollywood Story [R]	Simple Life	Simple Life	Simple Life	E! News	The Daily 10
	FX King of the Hill [R]	King of the Hill [R]	That '70s Show	That '70s Show	** "Phone Booth" (2002, Suspense) Colin Farrell, Kiefer Sutherland. [R]	** "Phone Booth" (2002, Suspense) Colin Farrell, Kiefer Sutherland. [R]	** "Phone Booth" (2002, Suspense) Colin Farrell, Kiefer Sutherland. [R]	** "Phone Booth" (2002, Suspense) Colin Farrell, Kiefer Sutherland. [R]	** "Phone Booth" (2002, Suspense) Colin Farrell, Kiefer Sutherland. [R]	** "Phone Booth" (2002, Suspense) Colin Farrell, Kiefer Sutherland. [R]	** "Phone Booth" (2002, Suspense) Colin Farrell, Kiefer Sutherland. [R]	** "Phone Booth" (2002, Suspense) Colin Farrell, Kiefer Sutherland. [R]
	HGTV Look What I Did!	What's-House?	If Walls Could	House Hunters	Designed to Sell	Buy Me [R]	Decorating Cents	House Hunters	House Hunters	House Hunters	House Worth?	Hidden Potential
	Family 8 Simple Rules [R]	8 Simple Rules [R]	Grounded for Life	Grounded for Life	** "I Love Trouble" (1994, Suspense) Julia Roberts, Nick Nolte, Saul Rubinek. Premiere. [R]	** "I Love Trouble" (1994, Suspense) Julia Roberts, Nick Nolte, Saul Rubinek. Premiere. [R]	** "I Love Trouble" (1994, Suspense) Julia Roberts, Nick Nolte, Saul Rubinek. Premiere. [R]	Whose Line?	Whose Line?	Whose Line?	The 700 Club [R]	The 700 Club [R]
	History Mega Disasters: Mega Freeze [R]	Mega Disasters: Mega Freeze [R]	Modern Marvels "Private Planes"	Siberian Apocalypse [R]	The Universe (N) [R]	The Universe (N) [R]	The Universe (N) [R]	Ice Road Truckers "Ready to Roll"	Ice Road Truckers "Ready to Roll"	Ice Road Truckers "Ready to Roll"	Wild West Tech "Execution Tech"	Wild West Tech "Execution Tech"
	Lifetime Reba [R]	Reba [R]	Still Standing [R]	Still Standing [R]	Reba [R]	Reba [R]	Reba [R]	"Fighting the Odds: The Marilyn Gambrell Story" (2005) Jami Gertz. [R]	"Fighting the Odds: The Marilyn Gambrell Story" (2005) Jami Gertz. [R]	"Fighting the Odds: The Marilyn Gambrell Story" (2005) Jami Gertz. [R]	Will & Grace [R]	Will & Grace [R]
	MTV Exposed [R]	Yo Momma [R]	Wild 'n Out [R]	Wild 'n Out [R]	Nick Cannon	Nick Cannon	Nick Cannon	Real World-Rd	Real World-Rd	Real World-Rd	Rob & Big (N) [R]	Rob & Big (N) [R]
	NICK Ned's School	Fairly OddParents	Fairly OddParents	Jimmy Neutron	Drake & Josh [R]	SpongeBob	SpongeBob	Home Videos	Home Videos	Home Videos	Fresh Prince	Fresh Prince
	SCI FI Stargate SG-1 "Icon" [R]	Stargate SG-1 "It's Good to Be King"	Stargate SG-1 "It's Good to Be King"	Stargate SG-1 "Threads" [R]	Stargate SG-1 "Threads" [R]	Stargate SG-1 "Threads" [R]	Stargate SG-1 "Threads" [R]	ECW (Live)	ECW (Live)	ECW (Live)	Painkiller Jane "Trial by Fire" [R]	Painkiller Jane "Trial by Fire" [R]
	SPIKE CSI: Crime Scene Investigation [R]	CSI: Crime Scene Investigation [R]	CSI: Crime Scene Investigation [R]	CSI: Crime Scene Investigation [R]	CSI: Crime Scene Investigation [R]	CSI: Crime Scene Investigation [R]	CSI: Crime Scene Investigation [R]	CSI: Crime Scene Investigation [R]	CSI: Crime Scene Investigation [R]	CSI: Crime Scene Investigation [R]	CSI: Crime Scene Investigation [R]	CSI: Crime Scene Investigation [R]
	TBS Seinfeld [R]	Seinfeld [R]	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Friends [R]	Friends [R]	Friends [R]	Sex and the City	Sex and the City
	TLC Property Ladder [R]	Lottery Changed My Life [R]	Lottery Changed My Life [R]	How to Make Millions (N)	How to Make Millions (N)	How to Make Millions (N)	How to Make Millions (N)	Miami Ink "New Artist Search" [R]	Miami Ink "New Artist Search" [R]	Miami Ink "New Artist Search" [R]	Miami Ink "Yoji's Big Move" [R]	Miami Ink "Yoji's Big Move" [R]
	TNT Without a Trace [R]	Without a Trace "Party Girl" [R]	Without a Trace "Party Girl" [R]	Without a Trace "Manhunt" [R]	Without a Trace "Manhunt" [R]	Without a Trace "Manhunt" [R]	Without a Trace "Manhunt" [R]	Without a Trace "Lone Star" [R]	Without a Trace "Lone Star" [R]	Without a Trace "Lone Star" [R]	Without a Trace "Second Sight" [R]	Without a Trace "Second Sight" [R]
	USA Law & Order: Special Victims Unit [R]	Law & Order: Criminal Intent [R]	Law & Order: Criminal Intent [R]	Law & Order: Special Victims Unit [R]	Law & Order: Special Victims Unit [R]	Law & Order: Special Victims Unit [R]	Law & Order: Special Victims Unit [R]	AFI Lifetime Achievement Award: A Tribute to Al Pacino (N) [R]	AFI Lifetime Achievement Award: A Tribute to Al Pacino (N) [R]	AFI Lifetime Achievement Award: A Tribute to Al Pacino (N) [R]	Law & Order: Special Victims Unit [R]	Law & Order: Special Victims Unit [R]
	VHI (5:30) Monterey 40 *** "Grease" (1978, Musical) John Travolta, Olivia Newton-John, Stockard Channing. [R]							Awesomely Bad Career Moves [R]	Awesomely Bad Career Moves [R]	Awesomely Bad Career Moves [R]	40 Freakiest Concert Moments [R]	40 Freakiest Concert Moments [R]
<b>SPAN</b>	TELEM Daniela	Noti-Telemundo	Dame Chocolate	Marina	Zorro - La Espada y la Rosa	Zorro - La Espada y la Rosa	Zorro - La Espada y la Rosa	La Esclava Isaura	La Esclava Isaura	La Esclava Isaura	Noti-Telemundo	12 Corazones
	UNIV Que Locura	Noticiero Univ	Duelo de Pasiones	La Fea Más Bella	Yo Amo a Juan	Yo Amo a Juan	Yo Amo a Juan	Ver Para Creer	Ver Para Creer	Ver Para Creer	Primer Impacto	Noticiero Univ.
<b>SPORTS</b>	ESPN SportsCenter (Live) [R]	NFL Live [R]	NFL Live [R]	U.S. Poker Championship (Taped)	U.S. Poker Championship (Taped)	U.S. Poker Championship (Taped)	U.S. Poker Championship (Taped)	Baseball Tonight (Live)	Baseball Tonight (Live)	Baseball Tonight (Live)	SportsCenter (Live) [R]	SportsCenter (Live) [R]
	ESPN2 Motorcycle	NASCAR Now	College Baseball NCAA World Series Game 10 - Teams TBA. From Omaha, Neb. (Live) [R]	Boxing: 1995 Bowe vs. Holyfield III	Boxing: 1995 Bowe vs. Holyfield III	Boxing: 1995 Bowe vs. Holyfield III	Boxing: 1995 Bowe vs. Holyfield III	Boxing: 1995 Bowe vs. Holyfield III	Boxing: 1995 Bowe vs. Holyfield III	Boxing: 1995 Bowe vs. Holyfield III	Boxing: 1995 Holyfield vs. Mercer	Boxing: 1995 Holyfield vs. Mercer
	CSN Washington	SportsNite [R]	Cal's Call to the Hall	The Sports List	Washington Post Live	Washington Post Live	Washington Post Live	SportsNite (Live) [R]	SportsNite (Live) [R]	SportsNite (Live) [R]	Best Damn Sports Show Period (Live)	Best Damn Sports Show Period (Live)
<b>NEWS</b>	CNN Lou Dobbs Tonight [R]	The Situation Room	Paula Zahn Now [R]	Larry King Live [R]	Anderson Cooper 360 [R]	Anderson Cooper 360 [R]	Anderson Cooper 360 [R]	Anderson Cooper 360 [R]	Anderson Cooper 360 [R]	Anderson Cooper 360 [R]	The O'Reilly Factor	The O'Reilly Factor
	FNC Special Report (Live) [R]	The Fox Report With Shepard Smith	The O'Reilly Factor (Live) [R]	Hannity & Colmes (Live) [R]	MSNBC Investigates	MSNBC Investigates	MSNBC Investigates	MSNBC Investigates	MSNBC Investigates	MSNBC Investigates	MSNBC Inv.: The Vampire Killings	MSNBC Inv.: The Vampire Killings
	MSNBC Tucker	Hardball [R]	Countdown With Keith Olbermann	Scarborough Country (Live)	Scarborough Country (Live)	Scarborough Country (Live)	Scarborough Country (Live)	Scarborough Country (Live)	Scarborough Country (Live)	Scarborough Country (Live)	Scarborough Country (Live)	Scarborough Country (Live)
<b>MULTIS</b>	AMC (5:30) ** "Suspect" (1987, Drama) Cher, Dennis Quaid, Liam Neeson. 'R'	** "Guarding Tess" (1994, Comedy) Shirley MacLaine. 'PG-13'	** "Guarding Tess" (1994, Comedy) Shirley MacLaine. 'PG-13'	** "National Lampoon's European Vacation" (1985) Chevy Chase. 'PG-13'	** "National Lampoon's European Vacation" (1985) Chevy Chase. 'PG-13'	** "National Lampoon's European Vacation" (1985) Chevy Chase. 'PG-13'	** "National Lampoon's European Vacation" (1985) Chevy Chase. 'PG-13'	** "National Lampoon's European Vacation" (1985) Chevy Chase. 'PG-13'	** "National Lampoon's European Vacation" (1985) Chevy Chase. 'PG-13'	** "National Lampoon's European Vacation" (1985) Chevy Chase. 'PG-13'	** "National Lampoon's European Vacation" (1985) Chevy Chase. 'PG-13'	** "National Lampoon's European Vacation" (1985) Chevy Chase. 'PG-13'
	TCM ** "Made in Paris" (1966, Romance-Comedy) Ann-Margret. 'NR' [R]	** "On Dangerous Ground" (1951) Ida Lupino. 'NR'	** "On Dangerous Ground" (1951) Ida Lupino. 'NR'	*** "While the City Sleeps" (1956) Dana Andrews. [R]	*** "While the City Sleeps" (1956) Dana Andrews. [R]	*** "While the City Sleeps" (1956) Dana Andrews. [R]	*** "While the City Sleeps" (1956) Dana Andrews. [R]	(15) ** "Beware My Lovely" (1952)	(15) ** "Beware My Lovely" (1952)	(15) ** "Beware My Lovely" (1952)	(15) ** "Beware My Lovely" (1952)	(15) ** "Beware My Lovely" (1952)
	HBO (15) ** "Nanny McPhee" (2005, Comedy) Emma Thompson. [R]	** "Ice Age: The Meltdown" (2006) [R]	** "Ice Age: The Meltdown" (2006) [R]	License to Wed	License to Wed	License to Wed	License to Wed	Big Love "The Writing on the Wall" [R]	Big Love "The Writing on the Wall" [R]	Big Love "The Writing on the Wall" [R]	Entourage [R]	(45) Phat Girlz [R]
	MAX (15) ** "Fantastic Four" (2005, Action) Ioan Gruffudd. [R]	** "House of Wax" (2006, Horror) Elisha Cuthbert. [R]	** "House of Wax" (2006, Horror) Elisha Cuthbert. [R]	** "Poseidon" (2006) Josh Lucas. [R]	** "Poseidon" (2006) Josh Lucas. [R]	** "Poseidon" (2006) Josh Lucas. [R]	** "Poseidon" (2006) Josh Lucas. [R]	** "Basic Instinct 2" (2006, Suspense) Sharon Stone. [R]	** "Basic Instinct 2" (2006, Suspense) Sharon Stone. [R]	** "Basic Instinct 2" (2006, Suspense) Sharon Stone. [R]	Sin City Diaries	Sin City Diaries
	SHOW ** "Dreamland" (2006) Agnes Bruckner. [R]	** "Yours, Mine & Ours" (2005) Dennis Quaid. [R]	** "Yours, Mine & Ours" (2005) Dennis Quaid. [R]	Meadowlands The Brotons arrive. [R]	Meadowlands The Brotons arrive. [R]	Meadowlands The Brotons arrive. [R]	Meadowlands The Brotons arrive. [R]	** "Basic Instinct 2" (2006, Suspense) Sharon Stone. [R]	** "Basic Instinct 2" (2006, Suspense) Sharon Stone. [R]	** "Basic Instinct 2" (2006, Suspense) Sharon Stone. [R]	Runaway Dghtr	Runaway Dghtr
	TMC ** "She Gets What She Wants" (2002) Piper Perabo. [R]	** "Diary of a Mad Black Woman" (2005) Kimberly Elise. [R]	** "Diary of a Mad Black Woman" (2005) Kimberly Elise. [R]	*** "Down in the Valley" (2005, Drama) Edward Norton. [R]	*** "Down in the Valley" (2005, Drama) Edward Norton. [R]	*** "Down in the Valley" (2005, Drama) Edward Norton. [R]	*** "Down in the Valley" (2005, Drama) Edward Norton. [R]	*** "Down in the Valley" (2005, Drama) Edward Norton. [R]	*** "Down in the Valley" (2005, Drama) Edward Norton. [R]	*** "Down in the Valley" (2005, Drama) Edward Norton. [R]	Runaway Dghtr	Runaway Dghtr
	STARZ! (5:15) ** "Don't Come Knocking" [R]	(15) ** "RV" (2006, Comedy) Robin Williams, Jeff Daniels. [R]	(15) ** "RV" (2006, Comedy) Robin Williams, Jeff Daniels. [R]	*** "Eight Below" (2006, Adventure) Paul Walker. [R]	*** "Eight Below" (2006, Adventure) Paul Walker. [R]	*** "Eight Below" (2006, Adventure) Paul Walker. [R]	*** "Eight Below" (2006, Adventure) Paul Walker. [R]	(05) *** "The Wedding Singer"	(05) *** "The Wedding Singer"	(05) *** "The Wedding Singer"	(05) *** "The Wedding Singer"	(05) *** "The Wedding Singer"
	ENCORE * "Jack" (1996, Fantasy) Robin Williams, Diane Lane. [R]	* "Ultraviolet" (2006) Mila Jovovich. [R]	* "Ultraviolet" (2006) Mila Jovovich. [R]	** "Eraser" (1996, Action) Arnold Schwarzenegger. [R]	** "Eraser" (1996, Action) Arnold Schwarzenegger. [R]	** "Eraser" (1996, Action) Arnold Schwarzenegger. [R]	** "Eraser" (1996, Action) Arnold Schwarzenegger. [R]	** Road House	** Road House	** Road House	** Road House	** Road House



## African American Volunteers

Are needed for an investigational study of an asthma medication. The study consists of 9 visits over 1 year. Qualified participants will receive compensation for time and travel.

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- All Volunteers will be compensated for their time
- Enrolled volunteers will receive a physical and blood work

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- Study medication (No placebo)

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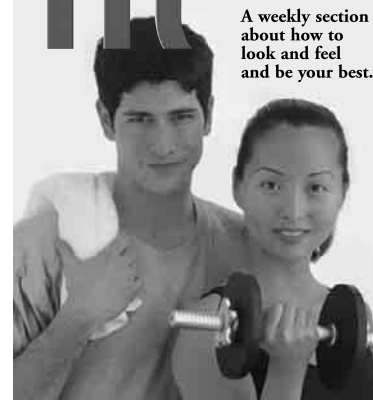
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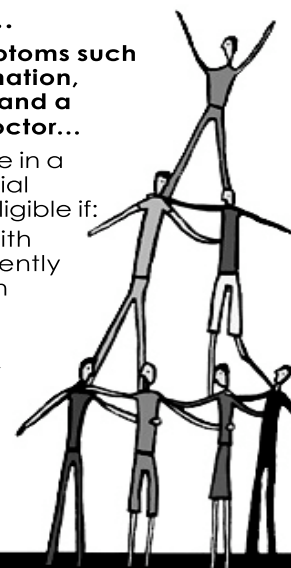
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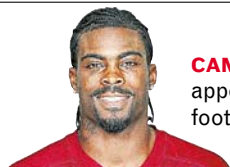
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**CAMPING OUT:** Michael Vick, in the midst of a dogfighting scandal, has pulled out of an appearance at a youth football camp at William & Mary after pulling out of his own youth football camp. Redskins QB Jason Campbell will take his place at the college.

## Sports

# Arrington Hurt in Motorcycle Crash

**Former Redskins star is hospitalized with 'a few broken bones'**

CHEVERLY, MD. | Former Redskins and Giants linebacker LaVar Arrington was hospitalized with serious but not life-threatening injuries after his motorcycle crashed on a highway ramp Monday, police said.

Arrington lost control and hit a guardrail, Maryland State Police Sgt. Russell Newell said. He said

police did not know how fast Arrington was traveling.

Arrington, who turns 29 Wednesday, was wearing a helmet and alcohol was not involved in the accident, Newell said. Arrington was issued two citations — one for operating the motorcycle without a proper license, and one for the crash itself.

Arrington's attorney, Rosalyn Pugh, told reporters outside Prince George's Hospital Center, where Arrington was being treated, that Arrington had "a few bro-

ken bones, which you might expect from a motorcycle accident," but he had not had surgery.

Pugh said Arrington was expected to remain at the hospital overnight and his condition would be reevaluated in the morning.



Arrington

Washington drafted Arrington No. 2 overall in 2000, and he made three Pro Bowl appearances while with

the Redskins. But he injured his knee in 2004, his playing time decreased, and Arrington bought out his contract after the 2005 season.

He then joined the Giants but tore his Achilles' tendon in October and played only six games last season. New York released him in February as part of a salary cap purge under new general manager Jerry Reese, leaving Arrington to rehabilitate his injury while looking for another team.

STEPHEN MANNING (AP)

## Swengali

ORIOLES | BY MATT SWENSON

### Angelos Is the Birds' Problem

**THE LATEST SHAKE-UP** at Camden Yards is as predictable as it is futile.

A mediocre record made terrible (29-40) due to a 1-8 home stand is enough to get most managers fired. Sam Perlozzo is no different. In some ways, he should consider himself lucky — his misery is over.

Targeting Joe Girardi as Baltimore's new skipper and former Twins and Cubs executive Andy MacPhail for the team's COO open-

**Until Angelos sells the team ... the Orioles will continue to be a terrible organization.**

ing aren't necessarily bad ideas. In fact, both have proven more than qualified for the positions.

Just don't expect this to be the cure-all the Orioles have been looking for the past 10 years.

Yes, it was 1997 when a winner last played at that beautiful ballpark along the inner harbor. Then owner Peter Angelos fired manager Davey Johnson over a personality dispute. The rest, as they say, is history.

Interim manager Dave Trembley is the team's fifth leader since the Baltimore swoon began, and Girardi would be No. 6. The only constant has been Angelos, a meddling owner who has no idea how to run a successful baseball team.

Until Angelos sells the team — or lets his executives do their jobs — the Orioles will continue to be a terrible organization. The O's are a big 0-for-10 in the last decade putting together a good pitching staff.

The Oriole way is now losing, and it will be that way until Angelos is gone.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

## In Brief

### NBA

#### Jackson Accepts Plea Deal For Firing Gun Outside Club

Stephen Jackson will admit to criminal recklessness in firing



Jackson

a gun outside a strip club and, if the plea agreement is accepted by a judge, pay a \$5,000 fine and perform 100 hours of community service, a spokesman for the prosecutor's office said Monday. In return, the Golden State Warriors player will have a one-year jail sentence suspended and a felony converted into a misdemeanor conviction, spokesman Matthew Symons said. (AP)

### HOCKEY

#### Senators Promote Murray To GM After Losing in Finals

Less than two weeks after losing in the Stanley Cup final, the Ottawa Senators fired general manager John Muckler and promoted coach Bryan Murray to replace him Monday. Murray's coaching contract was set to expire June 30, and owner Eugene Melnyk said the timing was right for a move. Murray was the general manager of the Anaheim Ducks from 2002 to 2004 and was also the executive of the year in 1996 when he was GM of the Florida Panthers. (AP)



**EJECTED:** Orioles manager Sam Perlozzo was the fourth O's manager to be fired since the team's last winning season in 1997.

## O's Eye Girardi to Replace Perlozzo

**Slumping Baltimore fires manager after its recent 1-8 home stand**

ORIOLES | Sam Perlozzo was fired as manager of the Orioles on Monday, the result of his inability to bring last-place Baltimore out of a lengthy funk culminated by an eight-game losing streak.

Bullpen coach Dave Trembley will be the interim manager when the Orioles begin a six-game trip

in San Diego on Tuesday. One of the leading candidates to fill the position on a full-time basis is Joe Girardi, voted NL manager of the year in 2006 before being fired after a dispute with ownership.

On another front, the Orioles are negotiating with former Cubs president Andy MacPhail about becoming chief operating officer.

Perlozzo was victimized by an underachieving bullpen and an unproductive offense that ranks last in the AL in home runs.

Baltimore's 29-40 record is the fifth-worst in the major leagues. The Orioles started the day trailing first-place Boston by 15½ games in the AL East.

Perlozzo joined Ray Miller, Mike Hargrove and Lee Mazzilli as Baltimore managers since Davey Johnson in 1997 who have failed to have a winning season. "It really gets down to wins and losses and expectations, and believing that this club is better than it looked," said executive vice president Mike Flanagan. (AP)



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**NBC's overnight rating** for Sunday's final round of the U.S. Open, up 37 percent from last year. The difference? Tiger Woods missed the cut last year. He placed second this year.

## Sports

# Woods Stays in the Hunt

Tiger is now learning that finishing 2nd at majors is impressive

**GOLF** | The magic number has always been 18 for Tiger Woods, who effectively launched his assault on the Jack Nicklaus benchmark when he won four straight majors ending with the 2001 Masters, giving him six at age 25, and he hasn't hit too many dry spells since then.

This is not one of them.

Sunday at Oakmont was his fourth straight major in the final group, an incredible statistic that gets forgotten because the U.S. Open was his second straight major as a runner-up. Almost as impressive as the 18 majors for Nicklaus are the 19 times he finished second. Is it possible Woods can reach that record before the other?

It seems preposterous now, because Woods has 12 trophies and only four consolation prizes. What the last year has shown, however, is that winning starts with putting



CHARLES KRUPA/AP

"Finishing second is never fun," Tiger Woods said after the U.S. Open on Sunday.

yourself in position, and no one has done that better, not even close.

"My last four majors," Woods said, ticking off his record, "1, 1, 2, 2. Not terrible, but it could have been a little better."

What separates Woods from everyone else in the game is the number of times he gives himself

a chance, and those are starting to pile up in alarming fashion. In the last 10 majors, Woods has been atop the leaderboard or within two shots seven times. "Finishing second is never fun," Woods said.

But it's not all bad, either. And it's bound to happen more often.

DOUG FERGUSON (AP)

## Lefty Is Ordered off Golf for 2 Weeks

**GOLF** | Phil Mickelson withdrew from this week's Travelers Championship to rest his inflamed left wrist that he injured while preparing for the U.S. Open.

Mickelson, who injured his wrist

while chipping from the rough at Oakmont Country Club three weeks ago, has been told not to play golf for at least two weeks, T.R. Reinman, a spokesman for the sports management company that represents him,

said on Monday.

Mickelson failed to make the cut at last week's U.S. Open, ending a streak of 30 consecutive majors in which he made the cut. The inflammation hurt so badly that he didn't play a full practice round before teeing off on Thursday. (AP)

### TODAY'S TV LINEUP

**NATIONALS (7 P.M. ON MASN)** Jason Simontacchi was great last week against the Orioles. Too bad he's facing the Tigers this time in the middle game of a three-game series at RFK.

**ORIOLES (10 P.M. ON MASN2)** It doesn't matter who's managing the Orioles against Jake Peavy (8-1, 1.82 ERA) and the San Diego Padres.

**COLLEGE WORLD SERIES (2 P.M. AND 7 P.M. ON ESPN2)** North Carolina and Louisville meet in the matinee in Omaha. The second game's participants were to be determined.

**GOLF (4 P.M. ON TGC)** Final-round coverage of the CVS/pharmacy Charity Classic in Barrington, R.I.

### MLB STANDINGS

THROUGH JUNE 17'S GAMES

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EAST	W	L	PCT.	GB	HOME ROAD
Boston	44	24	.647	—	23-12 21-12
N.Y. Yankees	35	32	.522	8.5	20-14 15-18
Toronto	33	35	.485	11	20-16 13-19
Tampa Bay	30	37	.448	13.5	17-19 13-18
Baltimore	29	40	.420	15.5	16-19 13-21
CENTRAL	W	L	PCT.	GB	HOME ROAD
Cleveland	40	28	.588	—	22-10 18-18
Detroit	39	29	.574	1	18-14 21-15
Minnesota	34	33	.507	5.5	20-18 14-15
Chicago	28	37	.431	10.5	14-16 14-21
Kansas City	28	42	.400	13.0	15-24 13-18
WEST	W	L	PCT.	GB	HOME ROAD
L.A. Angels	44	26	.629	—	24-9 20-17
Oakland	37	31	.544	6	19-17 18-14
Seattle	35	31	.530	7	17-13 18-18
Texas	26	43	.377	17.5	14-18 12-25

#### NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME ROAD
N.Y. Mets	37	30	.552	—	17-16 20-14
Atlanta	37	33	.529	1.5	18-16 19-17
Philadelphia	36	33	.522	2	19-17 17-16
Florida	33	37	.471	5.5	14-19 19-18
Washington	30	39	.435	8	14-19 16-20
CENTRAL	W	L	PCT.	GB	HOME ROAD
Milwaukee	38	31	.551	—	22-12 16-19
Chicago	31	37	.456	6.5	15-20 16-17
St. Louis	30	36	.455	6.5	14-16 16-20
Houston	30	39	.435	8	17-18 13-21
Pittsburgh	30	39	.435	8	15-21 15-18
Cincinnati	27	43	.386	11.5	14-23 13-20
WEST	W	L	PCT.	GB	HOME ROAD
San Diego	40	28	.588	—	20-12 20-16
Arizona	40	30	.571	1	20-14 20-16
L.A. Dodgers	39	30	.565	1.5	22-14 17-16
Colorado	35	34	.507	5.5	18-18 17-16
San Fran.	30	38	.441	10	16-17 14-21

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**PUNCH OUT:** Cubs first baseman Derrek Lee and Padres pitcher Chris Young were suspended for five games each Monday after a bench-clearing brawl last weekend.

## Sports

# Green Stays in NBA Draft

After leading Hoyas to the Final Four, star eyes greener pastures

**NBA DRAFT** | Georgetown star Jeff Green is heading to the NBA.

The Hoyas junior will keep his name in the NBA draft — he said last month he intended to turn pro, but said his decision wasn't "set in stone" and kept his options open by not hiring an agent.

Monday was the deadline for early entry candidates to withdraw from the June 28 draft.

Green, a 6-foot-9 forward, led Georgetown in scoring (14.3 points) and averaged 6.4 rebounds and 3.2 assists, helping the Hoyas reach the Final Four for the first time in 22 years.

Many experts say the reign-



Georgetown's Jeff Green is expected to be a top-12 pick in the NBA draft.

ing Big East player of the year is expected to be selected between the fifth and 12th pick in the draft.

### STICKING WITH SCHOOL

→ **All-ACC** guard Sean Singletary of Virginia withdrew his name from the NBA draft and is returning to the Cavaliers.

→ **George Washington** junior guard Maureece Rice withdrew his name, opting to help with the Colonials' quest for a fourth straight NCAA appearance.

Green's frontcourt teammate junior center Roy Hibbert withdrew from the draft last month after previously testing the NBA waters.

Georgetown will return eight of its top nine players from last year's squad and will add local star freshmen Austin Freeman (DeMatha) and Chris Wright (St. John's) to its roster. (AP)

Advertisement

## Special Report solves the "My home isn't selling" problem

WASHINGTON METRO — A "Special Report" explodes what its author exposes as "The myth of slow home sales." In fact, the Report explains, in clear and plain English, how a home owner who wants to sell can not only count on a sale within 120 days but can be guaranteed that the sale will occur.

The Report proves its accuracy by quoting specific local instances in which the technique it describes has sold homes time after time, quickly, efficiently, and at a favorable price.

The author of the report, noted realtor Frank Sanya, has made numerous appearances on both television and radio.

Mr. Sanya states that the Report represents the compendium of his many years of real estate experience and can be of substantial value to homeowners, especially those whose homes have been on the market unsold for a considerable period of time. The author emphasizes that although he does not accept every listing, by following the Report's procedures he accomplishes a sale in every instance in which he is the broker of record.

The secret, says the Report, is a combination of traits and procedures that consistently result in a successful sale. For a free copy of the Report, go to a private but available Web site — [www.WantItSoldNow.com](http://www.WantItSoldNow.com).

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## Sports

# 'Pacman' Sought For Questioning

**Member of suspended  
cornerback's entourage  
suspected in shooting**

ATLANTA | Suspended NFL player Adam "Pacman" Jones was being sought by police for questioning about a shooting early Monday involving members of his entourage after a fight at an Atlanta strip club.

The Tennessee Titans cornerback is currently on suspension following a melee and shooting at a Las Vegas strip club.

Jones, his group and three other people got into a fight, apparently over a woman, at a club around 4 a.m., officer Ariel Toledo said.

After everyone involved left the strip club — the three people in one car, and Jones and his entourage in three other cars — someone in Jones' group shot at the car, and the others returned fire, Toledo said.



Police want to question Adam "Pacman" Jones about Monday's shooting.

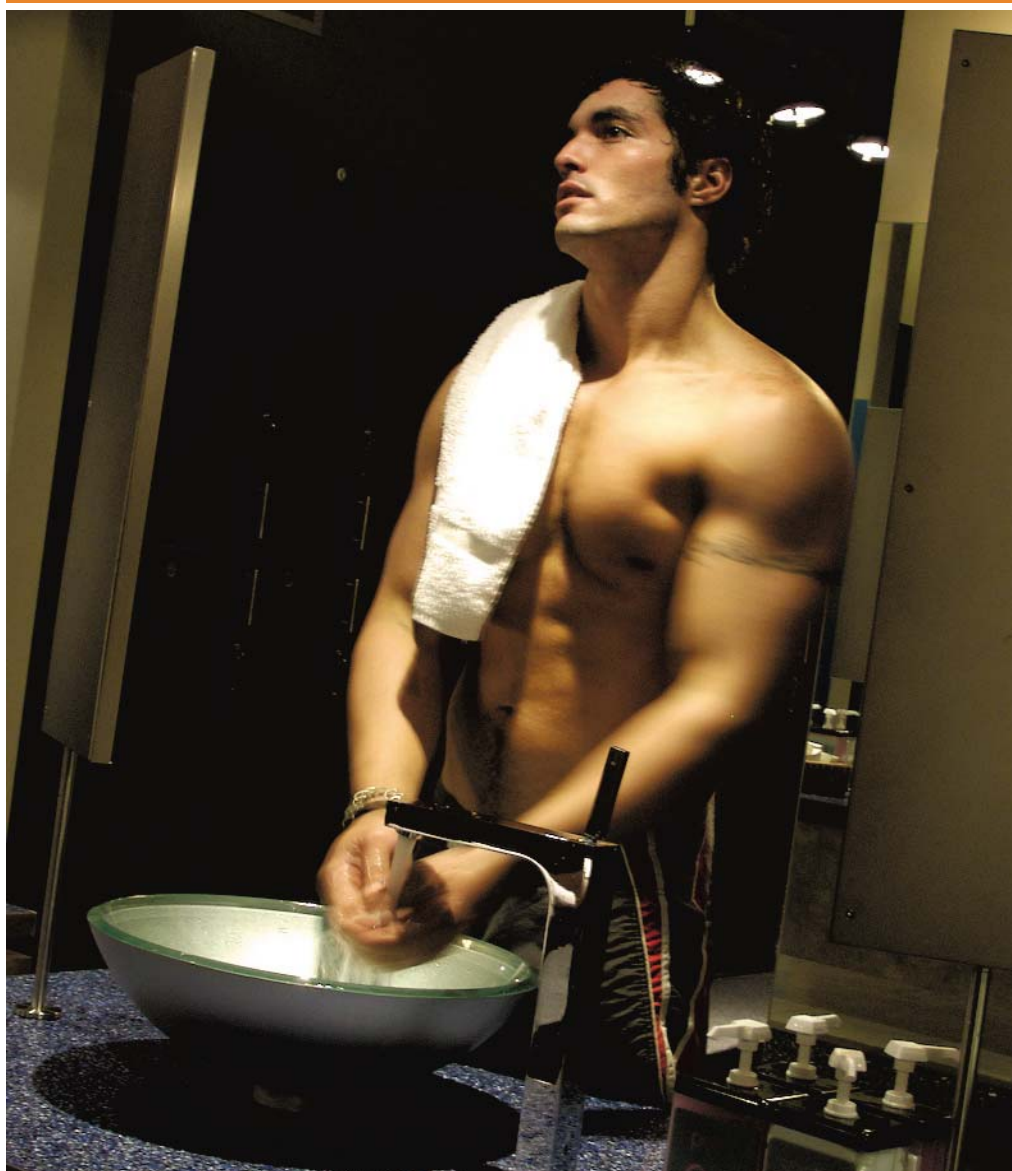
Toledo said Jones was not present when the shots were fired.

"We believe he knows some of his entourage who were involved in the shooting," Toledo said. "On himself, we do not have any charges on him. He wasn't there when the shooting occurred."

DON SCHANCHE JR. (AP)

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Interested candidates please forward DC-2000, Employment Application and Resume to the Metropolitan Police Department, Office of Human Services, Room 6061, 300 Indiana Avenue, NW, Washington, D.C. 20001.

**LAB AID**—MAPS, Path. Lab, FT w/BS in Biology from 2p-10p. Fax resume to 703-404-1131

**Law Enforcement**

*Are you interested in a career in Law Enforcement?  
Consider Georgetown University!*

Georgetown University is a thriving student-centered, international research university with students, faculty, and staff from all 50 states and more than 130 foreign countries. Our patrol officers are responsible for maintaining a year-round, safe environment at one of the most prestigious and diverse educational institutions in the greater Washington Metropolitan area.

Our officers receive eight weeks of intense training at the Law Enforcement Training Academy which is run by a consortium of local universities. A group of seasoned instructors from various campuses and local area police departments teaches a curriculum covering such topics as:

- Laws of Arrest
- Search and Seizure
- Crisis Intervention
- Self Defense Tactics
- Cultural Diversity

Opportunities exist for motorcycle and bike patrol officers, along with foot patrol and police car officers.

Please review minimum qualifications and apply online at: [www.georgetown.edu/hr](http://www.georgetown.edu/hr) to **Job No: 2007-0528F**

This is a great opportunity to begin a career in law enforcement. Georgetown University offers attractive benefits, including a tuition assistance plan.

AA/EOE

**Legal**

**LEGAL ASSISTANT**

Silver Spring. Highly-rated criminal lawyer. Requires minimum one-year superb law firm litigation experience. Great pay; reasonable hours. Fax: 301-495-8815. See details at [www.markskatz.com/jobs.htm](http://www.markskatz.com/jobs.htm).

**LEGAL SECRETARY/  
RECEPTIONIST**

Entry-lvl for sml firm downtown near Metro. Spanish very helpful but not necessary. Fax cvr. ltr. & resume to: 202-457-8585.

**LIFE INSURANCE SALES AGENT**

Work from home as a Licensed Life Insurance Agent for DC Metro Area. Training provided. Call 866-412-5621.

**MARKETING**

**Business Manager**  
Do you have an analytical and strategic approach?

You will drive our growth strategy for our online and our print recruitment products. With a systematic and analytical approach, you will be able to capture new revenue streams by identifying customer needs through data analysis, listening to customer calls, and sales rep input. You will develop product and pricing strategies to maximize revenue. You will build, coach, motivate and provide direction for your team. Requires marketing analysis and management experience. Outbound sales or business development exper. preferred. More info: [www.washpostco.com](http://www.washpostco.com). Send resume to [talentsearch@washpost.com](mailto:talentsearch@washpost.com) Attn: SMJOBPOST/JT



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**MACHINE SHOP**

Stanley Engineering, a Glen Burnie aerospace job shop, has immediate openings for the following positions:

- **1st & 2nd shift CNC Setup** for vertical & horizontal machining centers
- **1st & 2nd shift CNC Lathes**—Min 5 yrs exp.
- **Quality Assurance for inspection of precision machined parts**—Min 5 yrs exp. PC-DMIS exp. a plus.

Excellent pay & benefits for the right individuals. Clean, modern, fully renovated, air-conditioned facility with state-of-the-art equipment. Fax resume: 410-787-1482 or call 410-787-0150 for an interview. EOE.

**Marketing Analyst  
At  
The Washington Post**

Exciting opportunity in strategic marketing and analysis. Great for recent Business and Strategy grads! Perform data analysis; develop and implement projects to grow classified advertising revenue. Requires strong quantitative and analytical skills, ability to systematically analyze data and provide meaningful conclusions based on data. Time management and multi-tasking skills and strong proficiency in Excel necessary. Send resume to [talentsearch@washpost.com](mailto:talentsearch@washpost.com). Subject line: MAEXP/JT



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**Marketing**

**MEDIA PLANNER**

As a member of our Marketing Research Department, produce industry-specific sales strategy presentations and media recommendations that match Washington Post Advertising products with client target audiences and objectives. Requires strong data analysis skills, ability to communicate media research concepts and technical data to lay people both graphically and in written reports, excellent writing skills, and Bachelor's degree. Expertise in Excel and PowerPoint strongly preferred. For more info: [www.washpostco.com](http://www.washpostco.com). Send a cover letter and resume to [talentsearch@washpost.com](mailto:talentsearch@washpost.com). Subject line: MPEXP/JT



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**Marketing & Public Relations  
Manager**

Ideal candidate will possess knowledge the insurance industry and have advanced organizational and communication skills. Qualifications are background in Marketing to Federal Employees, strong verbal and written communication skills, ability to meet deadlines, good organizational skills, proficient in MS Office, understanding of state laws and regulations on insurance, highly skilled in problem solving. Duties are manage budget for marketing department, create all marketing material, organize and manage direct mail campaigns, develop radio ads, facilitate open season health fairs, assist in special projects, maintain monthly reports and tracking of new business, develop retention marketing campaigns for non-renewed members. To apply you may fax your resume to 703-373-6619 or e-mail to [hrdept@wrightusa.com](mailto:hrdept@wrightusa.com)

**Marketing**

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Work with pro NFL/NBA/MLB sports teams. Positions in Sales, mgmt & mktng. Professional image a must. Will train. Up to \$800-\$1000/wk. Melissa, 571-633-2330 [www.skyhighmktginc.com](http://www.skyhighmktginc.com)

**MEDICAL JOBS** — VA/DC/MD. We are lkg for exp'd Med Assts & Receipts. 2 yrs med ofc exper required. Fax MSA 703-921-3861.

**Medical Receptionist** — 4 days/wk. Will train. Please fax resume to 703 968 4227.

**Mental Health Technicians**

Full time, (day and evening shifts) and weekend Baylor shift (32 hrs per weekend), as well as part time positions available for individuals with at least one year working with 'at risk' youth in a residential, psychiatric health care setting. Prefer individuals with Associate's or Bachelor's degree in one of the behavioral sciences.

**Riverside Hospital**  
4460 MacArthur Blvd. NW,  
Washington, DC 20007  
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[cpicard@riverside-dc.com](mailto:cpicard@riverside-dc.com)  
EOE

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**NANNIES, SITTERS, HHAS & CNAS**

Attentive Care is accepting applications for the above positions at 2010 Corporate Ridge Ste 700, McLean, VA 22102 on 6/25 & 6/27 from 9a-3p. In Reston on 6/26 from 10a-2p. Call 703-883-9344

**NANNY**—M-F, Live-in/out, will sponsor VISA, cleaning, refs, need transp. 703-281-7904.

**Office Assistant**

Wed-Fri. Great opportunity to learn how to operate a business while performing routine office duties. Mr. Burke, 240-644-2256.

**OFFICE ASSISTANT**

DC firm seeks Office Assistant. Must have 5 yrs exp., strong communication & computer skills. Light filing, starting pay \$10.50/hr. Call for interview 202-543-6080

**Pastry Chef/Master Baker/Baker/  
Oven Operator**

Needed immediately in Sterling, VA. Must be able to work flexible schedule and weekends a must. Email resume to [debbie@federalbakers.us](mailto:debbie@federalbakers.us) or fax 703-312-6051.

**Pensions**

Looking for rewarding challenge? Multi employer pension fund located downtown, near metro, needs organized individual with college degree and at least 2 yrs work experience, demonstrating excellent math, research, analytical and communication skills for procession pension applications. Must be able to work under pressure and with minimal supervision. Work 35 hrs/wk. Flex time hrs available. Excellent pension benefits. Fully paid benefits including, medical, dental, and vision for employee and dependents. Also, 2 wk vacation after 1 hr and 12 holidays/yr. Starting salary \$40,804 increased to \$42,915 after probationary period. Fax resume 202-463-8098.

**Plant Lovers**—FT/PT needed to maintain plants inside lobbies, offices, hotels. Must have reliable transportation. Call 1-800-635-8530

**Plumbers**—Lic journeymenn for scale work. Must have commerc. exp, tools & trans. Call 703-590-2539 & 301-982-7346

**Property Management**

**MAINTENANCE**

Lg Apt Comm. Falls Church, VA Seeking Certified HVAC Tech, experienced in all aspects of apt maintenance. F/T w/benes. Background ck req'd. interviews: Call betwn 10am to 4pm, Mon thru Thurs. Ms. Rajack.(703)560-7451.

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Thursday, June 28th  
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7120 Samuel Morse Drive, 3rd Floor • Columbia, MD 21046

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Customer service-focused professionals wanted TODAY!  
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— \$34K base salary plus **unlimited** performance-based bonus opportunity —  
\*\$1,000 Sign-On Bonus for Columbia\*

Want to become a respected commercial real estate information expert? Interested in rapid career advancement? Possess a demonstrated ability to research data online and via phone? Great at developing and maintaining client relationships? If you have solid customer service, collections or similar information-driven investigative experience, then this is the job for you!

We will maximize your college degree and/or previous work experience (prior telemarketing experience a strong plus), along with your outstanding communication, customer service and time management skills. Key is a readiness to thrive in a pay-for-performance production environment.

**RESEARCH MANAGERS**

Adept at building strong client relationships, motivating and managing teams, and improving quality? Great at managing performance in metrics-driven environments, analyzing trends and identifying opportunities? If you're a driven, experienced leader with a Bachelor's degree, 3-5 years of management experience and proficient in Microsoft Office, this is the job for you!

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Real Estate Information

**Receptionist**—\$11/hr. 9:30 to 5 P.M./light clerical law-firm e-mail [cmtarone@aol.com](mailto:cmtarone@aol.com)


**RECEPTIONIST**

Fast paced medical office. Dupont Circle. Team player (people person/multi tasking). Exper req'd, data entry. Email resume to [jschick@qstreetmds.com](mailto:jschick@qstreetmds.com) or Fax 202-667-0532.

**RESEARCH COORDINATOR**

**RxTrials** seeks a highly motivated and organized individual to support pharmaceutical out-patient clinical trials at busy GI practice in Washington DC. CCRC with GI background preferred. Prior clinical research experience required. Phlebotomy skills preferred. Full time, competitive salary & comprehensive benefits package. Please fax resume to 410-465-2456.

**Restaurant**



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**JOB FAIR -  
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King Farm Room - A, 1st Floor

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## Classifieds

## JOBS

**RESTAURANT - CALLALOO CUISINE**

A new Caribbean rest. in Broadlands, VA, is looking to fill all positions: Cooks, Dishwashers, Wait Staff, Host Staff & Asst. GM. Fax resume: 703-669-0488 or [info@callalooocuisine.net](mailto:info@callalooocuisine.net)

**Restaurant****DELI & DAIRY BAR HELP**

Friendly, energetic person to take & prepare orders, run cash register, maintain inventory & clean up-Fairfax Station Gen. Store, will train, need to be able to read, write & speak English & Spanish, able to lift 50 lbs. call Betsy or Brian 703-250-7003 \$7.00/hr.

**Restaurant****Grill Cook**

No exper. necessary. Temple Hills, MD. Call 301-894-1188.

**RESTAURANT**  
Looking for a career change? See our ad under 'Computer Support Technician'. Send resume to: MenuSoft Systems Corporation  
[phagstrom@menusoft.com](mailto:phagstrom@menusoft.com)  
ATTN: Paula Hagstrom

**Retail****Stock Person**

Fairfax Station Gen. Store-friendly, energetic person to assist customers, restock shelves, load & unload deliveries, able to lift 50 lbs., will train, need to be able to read, write & speak English & Spanish, call Betsy or Brian 703-250-7003 \$ 7.65/hr.

**ROOFING MECHANICS**

Experienced roof mechanics needed for commercial roofs. Scale wages & benefits. Hiring immediately. Call 301-670-5942.

**SALES**

Home improvement company in business 50 years is looking for a Window Salesperson. \$150K potential + benefits. Call Mr. Gleason at 800-496-1171

**Sales****Do you sell to major accounts?  
Advertising Sales**

Sell industry specific products like Apartments.com and Apartment Living. We are entrusting you with 300 clients and \$3 million in client revenue. Spend 80% of your time out in your territory, calling on accounts in person. Make regular visits to hundreds of apartment communities and corporate offices to establish/maintain a positive rapport, determine needs, and present solutions. A high volume of face-to-face contact is imperative to your success in this role. Requires outside sales to major accounts experience. If you've sold to or worked in the property management industry, even better! More info: [www.washpostco.com](http://www.washpostco.com). Send resume to: [talentsearch@washpost.com](mailto:talentsearch@washpost.com), Attn: PMEXP/JT

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**Sales****Ultimate Sales Coach**

Your team counts on you to be there, provide encouragement, and build their sales skills. You are a salesperson and a motivator. You manage a team of outbound B2B sales reps who generate and tackle leads. You come up with creative ways to incent your team and push them beyond their individual sales goals. You hire A players for your team and take great pride in their career progression. You already have experience managing a team of sales reps along with personal business development experience. It's time to apply your coaching skills in an even greater capacity with our enthusiastic Recruitment Advertising team! More info: [www.washpostco.com](http://www.washpostco.com). Send resume to: [talentsearch@washpost.com](mailto:talentsearch@washpost.com), Attn: ASMEXP/JT

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**Sales Manager****Advertising  
Do you push the envelope?**

You are a sales leader, driving results, pushing performance, and making tough decisions. You have credibility on the sales floor and your team trusts your judgment. You strategically devise ways to realign your resources and evolve your business. You rework incentives to drive results. You already have experience managing a team of sales reps and your own personal business development experience. It's time to apply your sales management skills in an even greater capacity with our Retail Business Development Advertising team! More info: [www.washpostco.com](http://www.washpostco.com). Send resume to: [talentsearch@washpost.com](mailto:talentsearch@washpost.com), Attn: BDUEX/JT

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**SALES**

Cadbury Schweppes Americas Beverages. FT employment opportunity. Seeking entry-level outside sales for Washington, DC market area. College graduate or those attending local schools with ability to work FT Mon-Fri. General computer knowledge, automobile necessary. Phone Jim Waldron, 717-891-1513, for prompt interview.

**SALES - ACCOUNT MANAGER**

Utility Management Services (UMS) has saved our customers \$34 million over the last 10 yrs. UMS is a progressive util. consulting co. & needs exp'd Sales Pro's to sell our B2B svc in No. Va. Area. Bachelor's & 2 yrs exp. in B2B sales pref'd. Position offers lucrative commiss., high close rates & exc. Earning potential. Please e-mail res. & cvr ltr: [SteveC@UtilManagement.com](mailto:SteveC@UtilManagement.com) or fax to: 910.793.2946.

**SALES****Lending Tree  
"Local Broker Program"  
Become a Loan Officer**

America Funding is a nationally ranked Lending-Tree partner & the Local Mortgage Broker for the greater DC Metro area. Due to rapid growth, we are training motivated sales professionals to become Loan Officers.

We support our team's success by providing:

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Our outstanding compensation plan also offers you comprehensive health benefits. Send your resume to:

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**TEACHERS, ELEM.**

1st thru 3rd Grade, 4-year degree in Education, 1 year teaching exper. Woodbridge.  
Fax resume to: 703-490-8489 or email: [academy\\_info@vcmi-va.org](mailto:academy_info@vcmi-va.org)

**Technical Writer - Technical Publications**

Innovative software development company seeks experienced and self-motivated person to create and maintain software documentation, on-line help, web based documentation, sales and marketing information, and instructional design for dynamic Windows based commercial software application.

Required:

- Experience in technical documentation of software in a Windows environment.
- Strong proficiency in all aspects of Microsoft Word
- Strong proficiency with English grammar, style, and format
- Ability to investigate complex topics with little guidance.
- Must be comfortable in a technology environment

Preferred Experience:

- Experience with VBA
- Graphic arts (CorelDRAW)
- Experience with help-authoring tools (ePublisher)
- Experience with computer-based training preferred

Mail or e-mail cover letter, resume and salary history to:

MenuSoft Systems  
Steve Clark  
7370 Steel Mill Drive  
Springfield, VA 22150  
[phagstrom@menusoft.com](mailto:phagstrom@menusoft.com)

**Sales****Inside/Outside Advertising Sales  
(with a Future)  
Real Estate**

Seeking ambitious up-and-comer who is bright, fun, focused, and driven to exceed sales goals. Must be coachable, play well with others & work independently. Develop NEW business, selling direct to real estate agents through phone and in-person cold calls. Sell online non-display real estate products including agent listings, featured realtor listings, and the agent directory. Enjoy supportive management, develop your skills, and accelerate your career. Requires outbound sales experience. For more information: [www.washpostco.com](http://www.washpostco.com). Send resume to: [talentsearch@washpost.com](mailto:talentsearch@washpost.com), Attn: REEXP/JT

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**Sales****Internet Sales Consultant  
Cars.com**

You will be part of the Cars.com advertising sales team. You will sell packaged online advertising solutions on cars.com to independent used car dealerships in MD through in-person sales presentations. Your uncapped incentive will be directly tied with your ability to aggressively grow new revenue in your territory. You are technologically savvy, with strong internet skills and understanding. If you have the hunger and desire to make a name for yourself in sales, send your resume to: [talentsearch@washpost.com](mailto:talentsearch@washpost.com), Attn: CAREXP/JT. More info: [www.washpostco.com](http://www.washpostco.com).

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...as an Account Executive in our Real Estate Advertising category, selling print and online advertising to realtors, builders, and developers. Seeking ambitious up-and-comer who is bright, fun, focused, and driven to exceed goals in an inside sales environment. Upsell, cross-sell, and use our portfolio of advertising products to help your clients achieve their business goals. Develop your skills and accelerate your career. Learn from the best! For more info: [www.washpostco.com](http://www.washpostco.com). Send resume to: [talentsearch@washpost.com](mailto:talentsearch@washpost.com) Attn: AEPOST/JT

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**TEACHERS**

**Private School Silver Spring. 3rd Grade, Hrs 12-4.**  
Fax resume: 301-962-9755.

**Travel**

**OMEGA WORLD TRAVEL**

**JOB FAIR**  
Tuesday, June 19, 2007  
5:00 - 7:00 p.m.

**Sheraton Rockville Hotel**  
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*"Both position provide high earnings potential and excellent benefits"*

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Please submit resumé to:  
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Arlington, VA 22201  
Att: Business Office  
Fax: 703.527.0369  
Email: [kris@eltiempolatino.com](mailto:kris@eltiempolatino.com)  
\*No phone calls, please.**

**El Tiempo Latino**

**Telemarketing**

**ACCESS<sup>SM</sup>**  
WORLDWIDE  
TelAc Teleservices Group

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Access Worldwide has immediate Full-Time positions available for Professional Tele-Sales Representatives.

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**Apply in person:**

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**Rosslyn Metro** 1820 N. Fort Myer Drive  
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**Call: 571-438-6556  
Fax: 866-589-7312**

E-Mail: [recruitment.cs@accessww.com](mailto:recruitment.cs@accessww.com)

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Award Winning Marketing Co. looking for enthusiastic sales individuals. Top Full-time rep earned \$75,000 last year and Part-time \$42,000! Seating is limited, call NOVO 1 (301) 361-1111 located in Laurel - 312 Marshall Ave. Start earning the money you deserve!

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WORLDWIDE  
TelAc Teleservices Group

**Back Office/  
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Access Worldwide is a dynamic, service driven industry leader committed to long-term growth.

**Qualifications:**

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- At least 6 month of Telemarketing Experience.
- Must be detail oriented.
- Strong communication skills.
- Microsoft Office Knowledge.
- Flexibility to work earlier than 8:30AM or later than 6:00PM is required.

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**Call: 571-438-6556  
Fax: 866-589-7312**

E-Mail: [recruitment.cs@accessww.com](mailto:recruitment.cs@accessww.com)

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## Classifieds

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# Look out

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## Shopping

### Personal scanners let shoppers bypass long checkout lines

Stephanie Cerneck doesn't go through the checkout line at her supermarket anymore. Or even the self-checkout line.

She uses a personal scanner offered by the Bloom grocery store near her home, scanning each item as she takes it off the shelf and bagging as she shops. When she's done, she pays at a terminal at the front of the store.

"When I come up to the checkout, everything's already bagged, I go to my car, I'm done. No waiting in line," she said at the suburban store between Washington and

Baltimore.

The handheld scanner lets customers keep a running tally as they work their way through the aisles, allowing them to spend more time shopping and less time waiting to check out.

Today, personal scanners are more common in Europe, but their use is growing in the United States as grocers introduce high-tech tools that promise to make shopping more convenient and seem less like a chore.

In Maryland, scanners are available at Bloom stores in Scaggsville and Rockville and at a Martin's Food Market in Eldersburg. Scales with printers let customers create bar-coded tags for fruits, vegetables and other produce that isn't priced. Bloom stores also have computerized kiosks that print out recipes,

INSIDE



Summertime means show off tattoos | **35**

**Reality Bites:** Steve Zahn on new film | **36**

**It's a Boy:** Julia Roberts has 3rd child | **38**



GAIL BURTON/AP

**QUICK FINISH:** Clare Grasso uses a scanner at a Bloom store in Laurel, Md.

has the scanners in about half of its 52 upscale Bloom stores and shoplifting has not been a problem. The company offers the scanners to give its customers "another option in the way they like to shop."

"It saves time; they can watch what they're spending; it's a convenience," Peterson said.

Tracy Pawelski, spokeswoman for Martin's parent company, Giant Food Stores LLC, said 11 Martin's stores offer scanners.

The scanners are "purely about convenience for customers" and do not replace store employees, who can be deployed elsewhere in the store, Pawelski said.

"To the extent that this makes the checkout process quicker and helps them with their purchasing decisions, it seems like a real winner for consumers," said Marshall Kay, a retail analyst with the consulting firm Kurt Salmon Associates. ALEX DOMINGUEZ (AP)

## End of the Line

along with maps showing where the ingredients can be found.

Once shopping is finished, customers head to the front of the store, swipe a personal card and pay. Shoppers are randomly picked

for audits to ensure items haven't been placed in the shopping cart without being scanned.

Karen Peterson, a Food Lion spokeswoman, said the subsidiary of Brussels-based Delhaize Group

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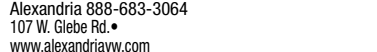
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# Push Start For Fathers

## Parenting

### Dads are spending time with their kids by playing video games

When Will Nickelson and his daughter want to spend some quality time together, they turn on Nintendo Co.'s Wii and play a few rounds of "Wii Sports" or "Mario Party 8."

"It's kind of difficult picking a game for a 7-year-old girl, but she really likes to beat her dad at bowling," said Nickelson, a stay-at-home dad from Alabama.

He is certainly not alone.

The generation that grew up with "Pac-Man" and "Pong" is now having children of its own. And across the United States, fathers and their kids are finding

the virtual worlds of video games a popular place to bond.

A national survey released last year by the Entertainment Software Association, a video game industry group, found that 35 percent of parents play video games, of which 80 percent play with their children. Mothers, too, were part of the study.

Though he considers himself a lifelong gamer, Nickelson said the time spent with his daughter, Sara, matters much more than the games themselves.

Sara says the friendly competition doesn't hurt, either.

"I like the Wii baseball because it's just so fun because I always beat him," she said. "Sometimes I beat him at Wii bowling. He gets kind of mad."

One expert said video games equalize the physical size differences between fathers and their kids. That means children often



**THE GAME OF LIFE:** John Idler, left, shares a laugh with his children, Elizabeth and Josh, as they play video games at home.

have the edge in a video game, and they may feel more willing to communicate.

"You're on the kid's turf," said Dr. Arminta Jacobson, director of the Center for Parent Education at the University of North Texas. "Anything that's fun between fathers and their kids, I think, is a really good thing."

But Jacobson also warned that limits are necessary because video games do not encourage reflective thinking skills, language devel-

opment, social skills or physical activity.

"Fathers could set aside a time each week to play video games but also set aside times to read, take walks and just talk," she said.

At John Idler's home in New Jersey, a dining room has been converted into a gaming center with three computers linked to the Internet, so he and his sons can play online PC games while sitting side-by-side.







It is also right next to the TV

room, so the whole family can still talk, even if his non-gaming wife and daughter would rather watch television.

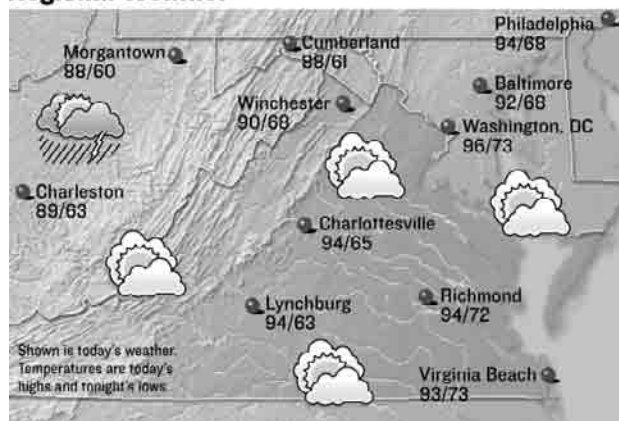
He said the fun of video games is certainly part of the lure, but it is really just an excuse to spend time together.

"How many parents complain they don't have anything to talk about with their kids? It may be geek talk, but we're still communicating," he said. **MATT SLAGLE (AP)**

### 5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
					
Partly sunny, hot, humid	Increasingly cloudy, late t-storm	Partly sunny, a thunderstorm	Mostly sunny	Mostly sunny	Partly sunny
96°	73°	86° / 65°	83° / 67°	88° / 70°	89° / 72°

### Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2007

### Almanac

Washington, D.C., through 4 p.m. Mon.

#### Temperature

High	94°
Low	72°
Normal high	85°
Normal low	66°
Average humidity	47%

#### Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	1.29"
Normal month to date	1.89"
Year to date	15.08"
Last year to date	11.70"
Normal year to date	17.92"

For up-to-the-minute weather, see: [washingtonpost.com/weather](http://washingtonpost.com/weather)

### Regional Forecast

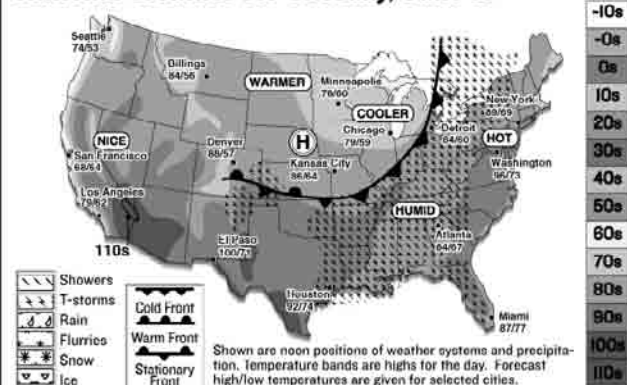
**D.C. Metro:** Today, partly sunny. High 96. Wind south 6-12 mph. Tonight, heavy evening thunderstorm, partly cloudy. Wind west 6-12 mph.

### Sun and Moon

Sunrise today	5:43 a.m.
Sunset tonight	8:36 p.m.
Moonrise today	10:20 a.m.
Moonset today	none



### National Weather for Tuesday, June 19



### National Cities

City	Today	Wed.
Atlanta	84/67/t	85/67/t
Boston	83/62/pc	78/60/t
Chicago	79/59/pc	81/61/s
Dallas	93/75/pc	91/71/pc
Denver	88/57/s	93/60/pc
Honolulu	88/75/s	88/76/s
Los Angeles	79/62/s	82/62/pc
Miami	87/77/t	88/76/t
New York City	89/69/pc	84/66/t
Orlando	90/71/t	91/73/t
Seattle	74/53/pc	72/55/pc

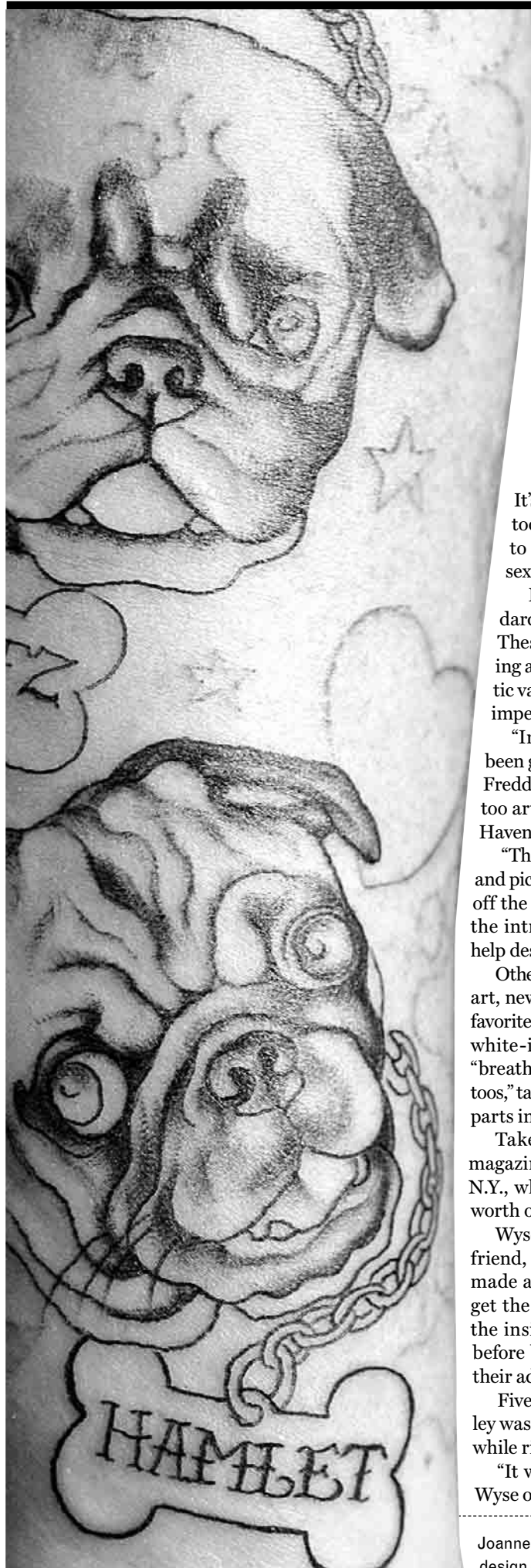
### World Cities

City	Today	Wed.
Amsterdam	73/59/c	73/59/t
Athens	91/77/s	91/77/s
Berlin	81/64/c	86/64/c
Buenos Aires	57/50/pc	64/50/pc
Calgary	69/47/pc	75/48/s
Dublin	63/55/r	63/54/t
Geneva	84/66/t	81/61/t
Moscow	69/54/pc	72/47/pc
Rome	88/64/pc	88/64/s
Sydney	57/50/r	60/45/r
Tokyo	78/67/pc	80/69/pc

s=sunny, pc=partly cloudy, c=cloudy, sh=showers, t=thunderstorms, r=rain, sf=snow flurries, sn=snow, i=ice.



KATHY WILLENS/AP



# Think Ink

Warm summer weather means tattoos come out to be seen

It's summer, and that means it's tattoo season, the best time of the year to show off — or take in — all that sexy ink.

But forget the same old now-standard Asian characters or tribal bands. These days, the tattooed set is bringing a little more forethought and artistic value to the otherwise youthful and impetuous world of inking.

"In the past three years, everyone's been going crazy for custom work," said Freddie Wadsworth, a 24-year-old tattoo artist at Ric's Tattoo Studio in Lock Haven, Pa.

"The days of walking into a street shop and picking the hearts or the star designs off the wall are numbered. It's all about the intricate, custom work that clients help design."

Other growing favorites: Asian-inspired art, new-school renderings of old-school favorites like anchors, ships and swallows, white-ink tattoos like Lindsay Lohan's "breathe" script on her wrist, and "text-toos," tattoos of phrases etched across body parts in simple fonts.

Take Maureen Wyse, a 23-year-old magazine editor now living in Brooklyn, N.Y., who sports an estimated \$10,000 worth of fine art all over her body.

Wyse, who's from Seattle, and her best friend, Brandie Bailey, from Vancouver, made a "totally scandalous" decision to get the words "Northwest" tattooed on the inside of their right middle fingers before boarding a plane and heading to their adopted home in New York City.

Five months later, in May 2005, Bailey was struck and killed by a trash truck while riding her bike.

"It was already so meaningful," said Wyse of her scripted tattoo. "I remember



DOUGLAS C. PIZAC/AP

Under a black light, Kimberly Mulder's tattoos are illuminated. Under normal light, they're invisible.

the expression on her face, comparing stories about how our tattoos were healing. It was this fun and exciting thing we shared that now just has so much more meaning."

For those who are private about tattoos, there is now the option of glow-in-the-dark designs.

Kimberly Mulder, of Salt Lake City, wanted to have "slave bracelets" tattooed on each of her wrists, but feared such a bold move wouldn't fly in her office.

Then, about a year ago, the customer service rep discovered the ultraviolet tattoo ink that is nearly invisible to the naked eye, but glows a brilliant, bluish hew when placed under a black light.

"With the UV tattoo, I'm not offending anyone at work. I'm not shoving it in anyone's faces. I can say, 'This is who I am,' and [I] don't have to worry what people will think."

Some, like Kate Leroux, a 32-year-old stay-at-home parent, are taking the art to new levels, opting for "inkless tattoos," in which the needle stabs at the skin without any ink. The result is a raised, off-color scar, which is not always permanent.

"I was interested in the idea of the experience of a tattoo, but not necessarily the idea of permanence," said Leroux. NICK DIVITO (AP)

Joanne Van Vranken's arm, left, has a custom design depicting her two beloved pug dogs.

## Kids



## Whatever Happened To a Good Old Smack?

What if your kids automatically washed their hands before dinner and put their napkins in their adorable little laps before eating? The **KIDS GOOD MANNERS PLACEMAT SET** (\$10 for four, goodmannersplacemats.com) aims to teach table manners, prompting your sweet pea to ask to be excused and other niceties. But since you put plates smack on top of them, the message gets covered up and promptly forgotten. You'll have more luck tying strings on their fingers. At least the mats wipe clean easily, unlike your darlings' jelly-covered digits. LYNN THORNE

## Beauty



## Half Good, Half Ick

There's nothing chic about Gold Bond. Frankly, we could only remember it as a yellow bottle hanging out in our dad's medicine cabinet along with 17 old prescriptions and five almost-empty toothpaste tubes. But the recently launched **SKIN THERAPY** line, including Healing and Softening (\$6.50 each, drug-stores) might change our minds about the brand. The shea butter-based Softening lotion is particularly good, with a soapy scent and a greaseless feel. The Healing variety, though, has an unpleasant tanginess to its aroma and doesn't absorb well. KRISTEN PAGE-KIRBY (EXPRESS)

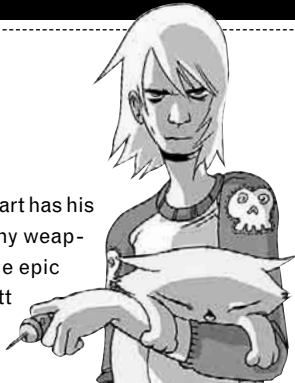

[readexpress.com](http://readexpress.com)

## site specifics

### ENTERTAINMENT

#### King Cat Comix

James Bond has his Aston Martin. Maxwell Smart has his shoe phone. In lieu of crazy gadgets and flashy weapons, Joe uses his cat in the offbeat espionage epic "King City" by Brandon Graham. Express' Scott Rosenberg talked to Graham about his wacky world. | [ONLINE NOW](#)



### BOOKS

#### Glorious Revolution

Michael Barone is a columnist, television pundit and author of illuminating historical accounts. Express contributor Tim Follos talked to Barone about his latest book, "Our First Revolution: The Remarkable British Upheaval that Inspired America's Founding Fathers." | [COMING UP](#)

### EYE-OPENERS

#### Fasten Your Seat Belts

For some frequent flyers, takeoff is the scariest part of traveling by airplane. For others, it's the landing. But video of this plane's descent to the runway is sure to give you goose bumps no matter which camp you're in. Check out the video in the bottom right corner of our homepage. | [ONLINE NOW](#)



## comment board

**“Yes, he should** be held to the fullest extent of the law. And what about the individual who made these accusations? This woman put many lives through hell and sent a number of people into the poorhouse due to her false accusations. She should be criminally prosecuted, as well.”

**COMMENTER TERRI**, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "SHOULD THE DUKE PROSECUTOR FACE CRIMINAL CHARGES?"



**“[Mike] Nifong took advantage** of racial tension, the justice system and the people of Durham for his own political gain. And on top of that, he put a number of innocent people through the wringer.”

**COMMENTER EX-HY HY**, WHO ADDED, "I DON'T CARE HOW WELL-OFF THEY MAY BE: I HOPE THAT THOSE KIDS AND THEIR FAMILIES SUE THE PANTS OFF OF HIM."

## poll center

### TODAY'S QUESTION

**Is elevated rail the right choice for Tysons Corner?**

1. Yes
2. No

### YESTERDAY'S RESULTS

**Should the Duke prosecutor face criminal charges?**

AS OF 5 P.M. MONDAY. NOT A SCIENTIFIC POLL.

**YES**  
73%

**NO**  
27%

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)

# Blog LOG

**“As the weather gets nicer, the canvassers, not unlike vermin, come out in droves, making the four-block walk ... a veritable gauntlet of guilt.”**

**POOFYG00.BLOGSPOT.COM** DISLIKES SIDEWALK CANVASSERS FOR ORGANIZATIONS SUCH AS U.S. PIRG AND GREENPEACE, WHICH TARGET PEDESTRIANS NEAR DUPONT CIRCLE.



DUANE BURELSON/AP

**“Too bad, so sad. Sammy was worthless as a manager. The team was lousy to begin with, but Perlozzo made it worse.”**

A COMMENTER AT **CAMDENCHAT.COM** REACTS TO TUESDAY'S FIRING OF BALTIMORE ORIOLES MANAGER SAM PERLOZZO.



**“AH, YES,** the perfect platform for that [windbag]; while contestants are spinning the money wheel, she can continue to wax nutty by talking to all the grandmothers and pot smokers watching [T.V.] in the morning.”

A **HUFFINGTONPOST.COM** COMMENTER WEIGHS IN ON NEWS THAT ROSIE O'DONNELL IS TALKING WITH THE "PRICE IS RIGHT" ABOUT POSSIBLY TAKING OVER FOR BOB BARKER.

**“PERSONALLY,** I'm still not convinced that he is not a decoy/implant but in by [the GOP hierarchy] to take the place of ... McCain and to appear as a 'voice of the people.'”

A COMMENTER AT **ROBERTBLUEY.COM** IS NOT ALL THAT EXCITED BY POSSIBLE PRESIDENTIAL CANDIDATE FRED THOMPSON.

**“... I ASSUME** if Petraeus reports that the surge is working, we'll also stay longer. ... Win or lose, we're staying no matter what. So, what exactly is the point of Petraeus reporting anything at all?”

**AMERICABLOG.COM** ON GEN. DAVID PETRAEUS' SAYING THAT U.S. TROOPS WILL HAVE TO STAY IN IRAQ FOR YEARS.

## Discussions

### Steve Zahn

Actor **STEVE ZAHN**, best known for his comic turns in "Reality Bites," was online Monday to discuss his roles and his more serious role in the upcoming movie "Rescue Dawn."



**Can you tell me about your experience making "Reality Bites"?**

I had been doing a play with Ethan [Hawke], who was already a friend, and Ben Stiller came to see the play and let me audition for the part. I just remem-

ber being very frightened going into it, and after a day, feeling extremely comfortable in that medium. I loved it. And mind you, up to that point, I had been doing theater for six years. I always thought of myself as an actor who would end up at a rep company in New York doing theater; movies were for other people. I had no reference to that. It wasn't like this big goal, because it was so foreign.

**You mentioned Gus in "Comanche Moon" — is that an adaptation of the Larry McMurtry novel? If so, when will it be released?**

McMurtry wrote the screenplay with Diana Ossana, who co-wrote "Brokeback Mountain." It's the same director/

producer and art design as "Lonesome Dove." And it's a six-hour miniseries on CBS. I've seen it and it's great. I'm also a huge fan of "Lonesome Dove," and I'd be the first to say it's fun to ride a horse, but it takes quite a bit of work. It airs at the end of October.

**Do you think you're getting more name recognition with movie-goers these days?**

I think it's inevitable. The more movies you go [to], the more circulation. Recognition has been very gradual for me. I used to just get weird stares.

**TODAY ON DISCUSSIONS:** Heather Levine, fashion editor of the Knot, discusses trends in bridal fashion at 12 p.m. | [washingtonpost.com/discussions](http://washingtonpost.com/discussions).

# DON'T

**TRY TO REACH THE GOVERNOR THIS WEEK, MARYLAND.** Gov. Martin O'Malley will be on vacation for the rest of the week fishing with his young son in upstate New York, his spokesman says. Lt. Gov. Anthony Brown will sit in for the governor during his absence.



### Bizarro | Dan Piraro

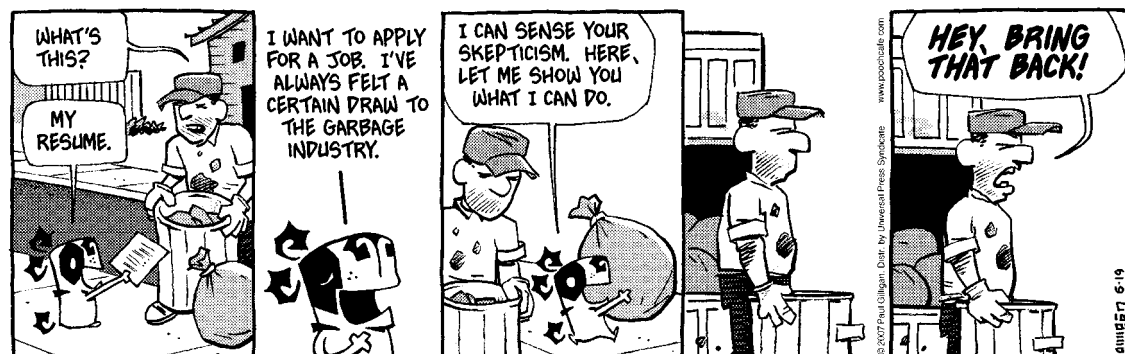


### Cornered | Mike Baldwin

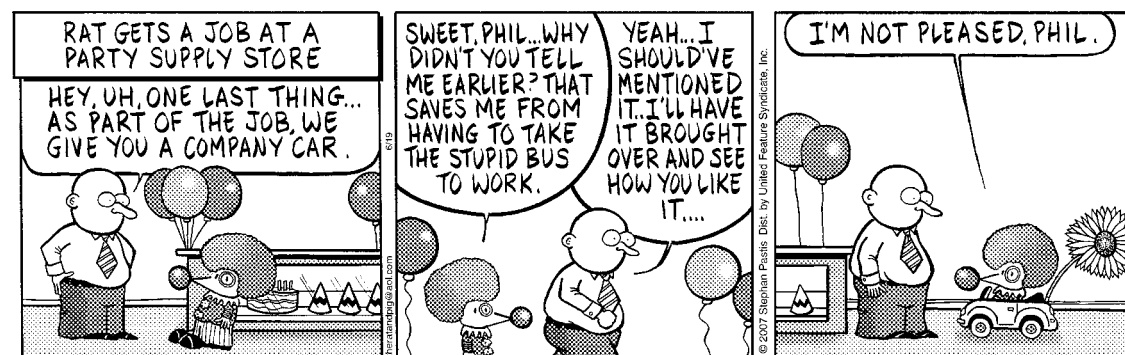


"Nice tan."

### Pooch Cafe | Paul Gilligan



### Pearls Before Swine | Stephan Pastis



### The Duplex | Glenn McCoy



## Horoscope

By Stella Wilder

**GEMINI (May 21-June 20)** You are making things a little more complicated than they have to be—and a friend will give you the opportunity to embrace the basics.

**CANCER (June 21-July 22)** Someone you know well may actually be rather aloof and frosty to you—for no discernable reason. Don't make too much of this episode.

**LEO (July 23-Aug. 22)** This is a good day to say exactly what's on your mind whenever the opportunity arises. You'll find an audience—and they'll listen well.

**VIRGO (Aug. 23-Sept. 22)** You may be tempted to do precisely those things you've been told not to do—and vice versa. A rebellious phase is beginning again.

**LIBRA (Sept. 23-Oct. 22)** You may be getting into something you don't fully understand, but if you stick with it, you'll learn the dos and don'ts in no time.

**SCORPIO (Oct. 23-Nov. 21)** Those around you may feel they can do what you do with

little or no extra effort. It's up to you to show them just what is required.

**SAGITTARIUS (Nov. 22-Dec. 21)** You may be conflicted as a result of needs and desires that are not entirely in sync. Contact an old friend; he or she will surely have advice.

**CAPRICORN (Dec. 22-Jan. 19)** Circumstances may demand that you come out of your shell before you choose to. Use caution—but don't hold yourself back.

**AQUARIUS (Jan. 20-Feb. 18)** You can't expect to supply all the answers. Insist on being given more time to supply the information that has been requested of you.

**PISCES (Feb. 19-March 20)** You may find yourself one step closer to your dream—by accident. Take what comes and make the best of it; don't say no.

**ARIES (March 21-April 19)** You'll discover similarities between what you want and what you fear—and you'll realize you can control both with greater authority.

**TAURUS (April 20-May 20)** Why pin yourself down to one mode of expression? It's important at this time to free yourself up and shed limitations.



Former Terps star Len Bias died from a cocaine-induced seizure today in 1986.

## Today in History

**1862** Slavery is outlawed in U.S. territories.

**1865** Union troops commanded by Maj. Gen. Gordon Granger arrive in Galveston, Texas, with news that the Civil War is over and that all the slaves were free. (This event is celebrated as "Juneteenth.")

**1910** Father's Day is celebrated for the first time, in Spokane, Wash.

**1953** Julius and Ethel Rosenberg, convicted of conspiring to pass U.S. atomic secrets to the Soviet Union, are executed at Sing Sing Prison in Ossining, N.Y.

**1977** Pope Paul VI proclaims a 19th-century Philadelphia bishop, John Neumann, the first male U.S. saint.

**1986** University of Maryland basketball star Len Bias, the first draft pick of the Boston Celtics, suffers a fatal cocaine-induced seizure.

PostPoints DAILY CODE OA



# LOOK out

## People



MARK J. TERRILL/AP

Not that we'd really call her a journalist.

### DOWNGRADE

#### Friends Snub Actor for Marrying a Lowly Journalist

**JON CRYER** married entertainment reporter **LISA JOYNER** in Mexico last weekend. Cryer and Joyner, host of TV Guide Channel's "InFAnity," wed Saturday in Cabo San Lucas. He co-stars with Charlie Sheen in "Two and a Half Men." Cryer, 42, has a 6-year-old son from a previous marriage. (AP)

### ENDED ERAS

#### It Was All Over When Joey Fatone Joined 'Rent'

**LOU PEARLMAN**, who created the Backstreet Boys and 'N Sync, agreed to be returned to Florida from Guam to face a federal bankruptcy charge, officials said Monday. Pearlman was arrested in Indonesia last week on one count of bank fraud. (AP)



CHRIS PIZELLO/AP

### ACQUISITIONS

## Baby #3 Secured

**JULIA ROBERTS** has welcomed her third child, a boy named Henry Daniel Moder. Henry was born Monday in Los Angeles and weighed 8 1/2 pounds, said Roberts' publicist, Marcy Engelman. "All of the Moders are doing great," Engelman said. Roberts, 39, and her husband, 38-year-old cinematographer Danny Moder, have 2-year-old twins, Hazel and Phinnaeus. (AP)



### CURRENCY

#### Litigant Paid Off With Five Giraffes And a Llama

Lawyers for **MICHAEL JACKSON** settled a lawsuit Monday brought by a financial company seeking \$48 million. The suit by Prescient Acquisition of Hackensack, N.J., was settled just as jury selection was set to begin. Steven Altman, a lawyer for Darien Dash, who owns Prescient,

Drained of cash, Jacko must dismantle his zoo.

said Dash was owed the money for helping Jackson refinance a \$272 million bank loan and secure \$573 million in financing to buy Sony's half of the Beatles' song catalog Sony co-owned with Jackson. Jackson, 48, said he'd never heard of Dash and didn't remember signing an agreement. (AP)



KEVORK DJANSEZIAN/AP

### CAREERS

#### Comeback Completed With Well-Publicized Catfight

**KRISTY SWANSON** pressed assault charges Sunday against the ex-wife of her companion and former "Skating With Celebrities" partner, Lloyd Eisler. Police took pictures of her bruises to document injuries Swanson claimed she suffered during a scuffle with Eisler's ex-wife, Marcia O'Brien. O'Brien filed a complaint against Swanson first, however. Swanson said she was arrested Saturday for allegedly assaulting O'Brien. Swanson, 37, said she was released after posting bail. (AP)

Girl-on-girl violence and ice-skating have just always felt right together.

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# LOOK out

## CROSSWORD | NOT SO RISKY

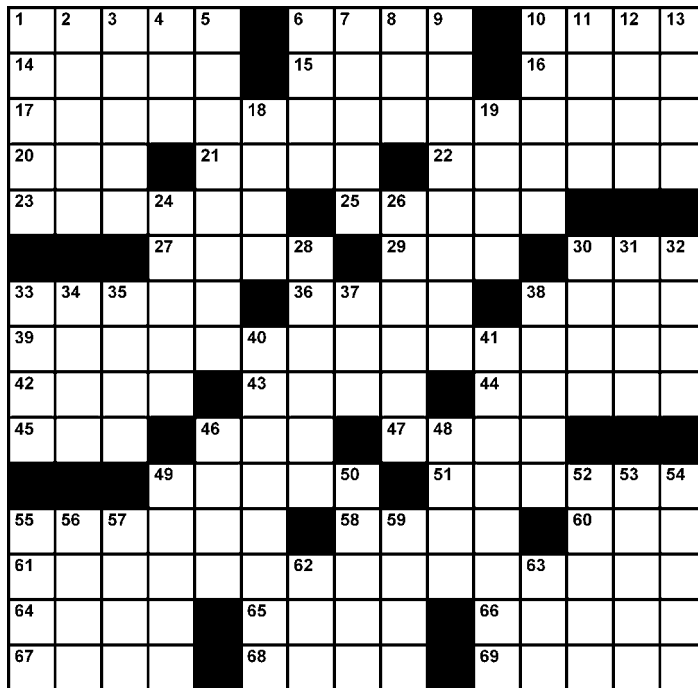
### ACROSS

- 1 Twenty-one gun salute, e.g.  
6 Cough up for a kitty  
10 Mackerel shark  
14 A good way to leave Vegas  
15 Academic, as an arguable point  
16 First name in the "Doctor Zhivago" cast  
17 Take no risks  
20 Wallach in "The Two Jakes"  
21 Rain forest feature  
22 Happenings  
23 Closed tightly  
25 It has its reservations  
27 Anatomical pathway  
29 "Of Mice and \_\_\_\_"  
30 "Peter \_\_\_\_" (Disney film)  
33 Dome-shaped dessert  
36 River through Opole  
38 Vocal inflection  
39 Take no risks  
42 Inner Hebrides island  
43 "Star Trek" producer  
44 Roddenberry  
45 Shoelace part  
46 Spearheaded  
47 Rocky hill  
49 Domesticated  
49 Poker player's ploy  
51 Bounded  
55 Fluttering trees  
58 Throb

- 60 "I cannot tell a \_\_\_\_"  
61 Take no risks  
64 Pinball violation  
65 Aftermath of a brainstorm  
66 Establish a law  
67 "\_\_\_\_ and Janis" (comic strip)  
68 Monetary unit  
69 Recipient

### DOWN

- 1 Bread boxes?  
2 Sinatra film "\_\_\_\_ in the Head"  
3 George Sand novel  
4 Kilmer of "The Saint"  
5 You'll travel far before it turns over  
6 Bands' accessories  
7 What's up with Rand McNally?  
8 Type of hold  
9 Catchall phrase  
10 Tyra Banks, once  
11 Congregational response  
12 "Critique of Pure Reason" author  
13 Table scraps  
18 "Eyes \_\_\_\_ Shut"  
19 Neck and neck  
24 Tripoli's country  
26 Brunch order, perhaps  
28 Astaire's dancing partner  
30 "The Color of Money" game  
31 Mrs. Shakespeare  
32 Digs of twigs



EDITED BY TIMOTHY E. PARKER

- 33 Cookbook instruction  
34 Shawm's follower  
35 Repair  
37 Demand payment of  
38 Type of lily  
40 Devoted to one's own interests  
41 Fiddled (with)  
46 Propane holder  
48 New York City stadium name  
49 Right-hand page

- 50 Corroded  
52 Detective Pinkerton  
53 Extended family member  
54 "Beau \_\_\_\_"  
55 "The Thin Man" pooch  
56 Show signs of life  
57 Rx unit  
59 Gabfest  
62 "\_\_\_\_ to Psyche"  
63 Crazy Eights cousin

### Yesterday's Solution



## SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See [www.sudoku.com](http://www.sudoku.com) for solution, tips and computer program.

### Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

### Yesterday's Solution

9	4	8	7	6	5	2	3	1
5	2	1	4	9	3	8	7	6
3	6	7	1	2	8	5	9	4
7	1	4	5	8	9	6	2	3
8	9	6	2	3	7	4	1	5
2	5	3	6	1	4	7	8	9
6	3	2	8	5	1	9	4	7
1	7	5	9	4	2	3	6	8
4	8	9	3	7	6	1	5	2

	5		9				3	
8			1	7	6			4
					8			
	1	2					6	8
	9						4	
5	7					2	1	
			5					
1			6	9	7			2
	2				1		7	

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<b>Web Developer</b>	July 24
<b>Linux Essentials &amp; Administration</b>	Aug 27
<b>Oracle 10g Database Administration</b>	Aug 28
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<b>MCSE Windows 2003</b>	Sep 25

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# WALK THIS WAY

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# BaggageCheck



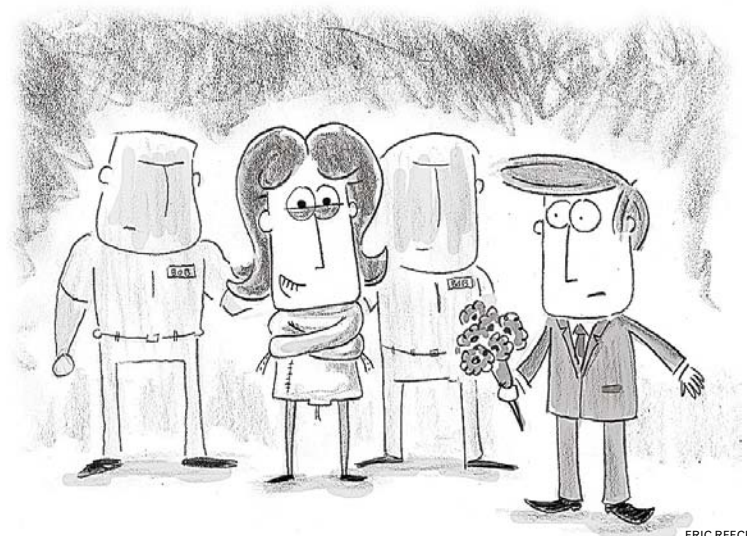
GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

## Searching for Ms. Right or Ms. Not Crazy

**Q** I've become completely jaded. In the past few years, I've gone on about 25 first dates. Between those who won't call me back and those who are promiscuous, drug-users, eating-disordered, or completely self-absorbed, I'm starting to believe there aren't any quality women out there. I'm absolutely miserable due to my lack of success. Where can I meet someone? Please don't say the Internet. — FRUSTRATED

It's not the where but the who. You need not be ruling people out by their coordinates; the far more important screen is personality.

Concerning the women you presumably liked but who didn't



ERIC REECE

call you back: What do you think went wrong? And right? Though the dates seemed to fizzle, you can still learn from these experiences.

Enlist some good friends to help you figure it out. Tell them to be really honest, and ply them with dinner.

Also, it's time to wonder whether your mind-set is dooming these dates. "Completely jaded" and "absolutely miserable" aren't usually on women's lists of dream-man qualities. Perhaps they're picking up on your negativity. And don't let everything ride on that first meeting. That will lessen the pressure and make a real glimpse into each other much more likely. So will branching out and trying new activities that you'll enjoy regardless of whether they produce Ms. Right. Expand your circle and your enjoyment of life — maybe that even means some low-stakes online experimentation — and you'll much more easily draw in the right woman.

**Q** A co-worker is forever complaining to me about her personal life, and it's clear she has a lot of emotional problems. I don't really mind listening to her, but I think she needs therapy. Is there a polite way to say so? — ANONYMOUS CO-WORKER

The fact that you're continuing to listen patiently and are worried about being polite and nonjudgmental gives me hope that you'll do this just fine. It's usually easiest to suggest therapy if you can attest to how you've seen it help a friend (or, ideally, yourself!)

But if you can't share — or don't want to — that personal of a couch testimonial, you could be gently straightforward: "Hey, I really enjoy talking to you and I'm always flattered when you want my advice. But sometimes I worry I'm not as much help as I could be. Have you ever considered seeing someone/counseling/talking to a professional? I've heard good things about how helpful that can be."

### Correction:

Due to an editing error in last week's Baggage Check, the column suggested quitting smoking by suddenly cutting back to one cigarette a day. It should have recommended cutting back one's smoking by eliminating one daily cigarette each week.

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## Cracker Snacker

**SMEARING DIPS** onto crispy baked goods is a cocktail party must. But don't you feel so unwholesome when you pop those hors d'oeuvres? Lessen the guilt by lining your trays with Kashi's new TLC party crackers (\$3.29). Available in "Mediterranean Bruschetta," "Roasted Garlic & Thyme" and "Stoneground 7 Grain," they provide tons of whole grains and fiber (and yum). But don't give in to the munchies — just four are 130 calories.



## Lodging No Complaints

**CHECK IN TO CHECK OUT** with Kimpton Hotels' "Wellness Week-ends." With the help of body + soul magazine, lodgings in 10 cities (including D.C.) are offering relaxing amenities (kimptonhotels.com/bodyandsoul). At Hotel Palomar, it's \$260 per night for a room with a cardio machine, a detox mocktail, a box of spa goodies and more.

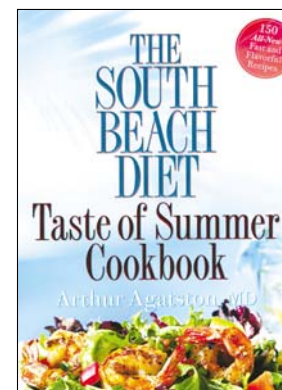
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## Drool Summer

**GORGING ON FRESH FRUITS** and veggies isn't just fun; it's also good for you. Revel in the season's bounty with "The South Beach Diet Taste of Summer Cookbook" (\$29, Rodale). Each recipe is labeled with a phase of the diet, but even if you're not a Dr. Arthur Agatston disciple, your mouth will water at the sound of breakfast pizzas (whole-grain pitas topped with spinach, tomatoes, feta and eggs), grilled asparagus with lemon aioli and peach-almond parfaits. With 150 recipes, your cookouts are covered.



PRODUCTS

## GuineaPig



## Fit Flopping

**IF YOU INSIST ON WEARING** flip-flops to work, you might as well tone your butt and legs in the process. Such is the claim of the Fit Flop (in blue, black and red, \$45, blissworld.com or preorder at bathandbodyworks.com). The thick soles curve upward at each end, creating a rocking motion that forces one's leg muscles to work harder. This ostensibly simulates walking with bare feet over sand, as our ancestors once did.

We wore them for a weekend, and found our calves did indeed feel more engaged while strolling; the shoes were also considerably more supportive than regular flip-flops. (The extra 1.5 inches of height was equally welcome). Those with high arches will find the straps positioned too low, however; one tester couldn't squeeze her feet in at all. As for whether Fit Flops burn fat or improve muscle tone, we'll tell you at the end of the summer. HOLLY J. MORRIS (EXPRESS)



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| THE EXPERTS

## The Misfits

## Itch to Scratch

**Q** Whenever I take much time off from exercise (as I did recently with the birth of my second child) and then try to get back into running or spinning, after 15 minutes or so, I get a deep itching sensation in the muscles being worked. It can get so bad, I have to resist scratching. What causes this, and how can it be avoided (other than by never taking time off)? — CATHY

Your problem had me scratching my head. My first thought was a bizarre skin condition — but then you wouldn't feel it in your muscles. I considered dehydration — but that should just make you cramp up. The first doctor I posed the problem to said, "I'm not gonna touch that one."

But then I talked to Georgetown University Hospital vascular surgeon James Laredo. He suggests you might have "venous insufficiency." That's a condition in which the veins don't pump blood to the heart the way they should, and that can cause leg swelling, aching and ... wait for it ... itching! It's fairly common to develop it during pregnancy because of hormone shifts and the added weight on pelvic veins. Exercise exacerbates symptoms.

The good news, assuming he's right: Symptoms generally subside on their own over a few months. Meanwhile, wearing graduated compression stockings may help. "They squeeze the veins and lower the pressure, so that should make things feel better," Laredo says. (We won't discuss looks.) And keep moving: Exercising with venous insufficiency is perfectly safe, even if itchy.

**Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to readers' questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact The MisFits at [fitness@washpost.com](mailto:fitness@washpost.com).**



**STEP BY STEP:** Teacher Mia Eriksson-Knightly (in the blue tank top) leads students on a Nordic walk over a Bethesda bridge.

# Sticking Around

Add poles to a stroll to make walking a workout

**Finnish fads have a tough time of it in America. Dining on reindeer, for instance, doesn't seem like it'll ever catch on stateside. But there's one invention from the northern nation that's on the move — literally — around the globe, even here in D.C.: Nordic walking.**

As students from the Bethesda-Chevy Chase YMCA set off for a walk, they look a bit like a crew of skiers who somehow misplaced their snow, skis and parkas. And that's basically what it is — Finns looking to stay in shape off-season invented the sport to keep fit for the white stuff. By incorporating poles into a hike, they found they could strengthen their upper bodies, boost the cardiovascular benefits of a trek and reduce the impact on their joints.

For dedicated walkers like 36-year-old Laura Gomez, one in the Bethesda crew, the poles allow her to take her strolls to the next level without aggravating an old knee injury. "It's the best way to make up for not running," she says. Her classmate Heide Blaker, 63, first

learned two months ago, and now spends at least an hour a day walking with her poles because of the wonders it's done for her posture. "You're keeping your body upright, and it opens your chest," she says. "From the first day, I was hooked."

Bernd Zimmermann, president and founder of the American Nordic Walking Association, isn't surprised by their passion. He estimates the number of U.S. Nordic

walkers in the hundreds of thousands (mostly in California and Florida). That's remarkable, considering the sport didn't take off in Finland until the late 1990s, and he started his organization in 2004.

Zimmermann's expecting baby boomers to discover the joys en masse any minute now. He's concerned, however, that enough instruction isn't yet available, so

people mistakenly think they can pick up the technique on their own. "People just buy the poles and walk around with sticks in their hands, but it's not Nordic walking," he complains. His group sells a how-to DVD, and it'll be hosting an instructor training session and introductory classes in the sport in D.C. the last weekend in July (look for more details at [anwa.us](http://anwa.us)).

Or, sign up at the B-CC YMCA

**"People walk around with sticks, but it's not Nordic walking."**

(9401 Old Georgetown Rd.; 301-530-3725; [ymcadc.org](http://ymcadc.org)), which offers several classes per week. The next session starts June 23, and it costs \$60 for members and \$105 for non-members.

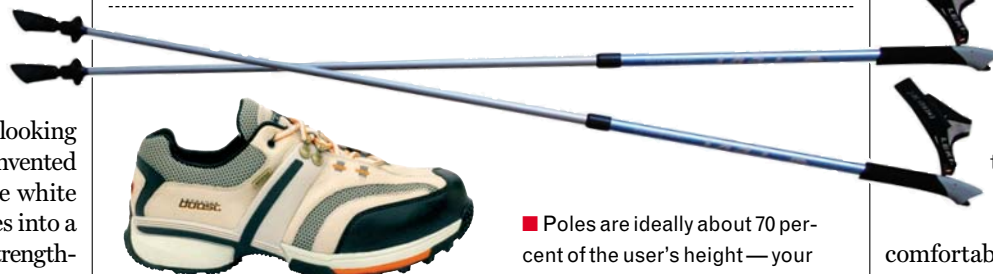
Correct form looks simpler than it is, explains B-CC YMCA instructor Mia Eriksson-Knightly (who's Swedish, so she looks very authentic). Instead of the short arm-pumping motion people often develop with their strides, the focus is on long, extended limbs that get the shoulders working more than the elbows.

The idea is to stand tall, with one's core muscles actively engaged, and then push off with alternating arms. The back tip of the forward pole should be aligned with the back of the forward heel, and the palms' grip should be firm but light.

"Working the upper body might not come immediately," says Eriksson-Knightly. Students start by letting the poles drag behind them to get accustomed to the sensation.

It may take a few lessons to feel entirely comfortable, but by the end of just one class, students get enough of a hang of it to head off the track and into neighborhoods. Eriksson-Knightly marches her herd onto trails and into Rock Creek Park, encouraging hill work and pushing them to increase their speed. "You feel like you're flying forward," she says. And like up on your Finnish culture, too.

VICKY HALLETT (EXPRESS)



## Shopping for Walking

■ Any sneaker will probably do, but to optimize your amble, score SpringBoost's B-Walk Nordic (\$175, [thetannery.com](http://thetannery.com)). The Swiss company designed the shoes with a tilted insole that puts your heel slightly below your toes, which forces legs to work harder.

■ Poles are ideally about 70 percent of the user's height — your elbow should be at a 90 degree angle when the tip hits the ground (or you could be inviting back problems or other maladies). Many poles are adjustable, but those tend to be heavier. Lighter carbon poles are preferable to ones made from aluminum, and hence, are more expensive. Brands to look for include LEKI (that's the \$150 Instructor, above), Exel and Swix.



# T-Tapp Your Toes

Make it a walk with lots of steps to remember

If it walks like a duck, it might just be you. That's one of Teresa Tapp's concerns about the way folks ambulate these days, with toes pointing slightly outward.

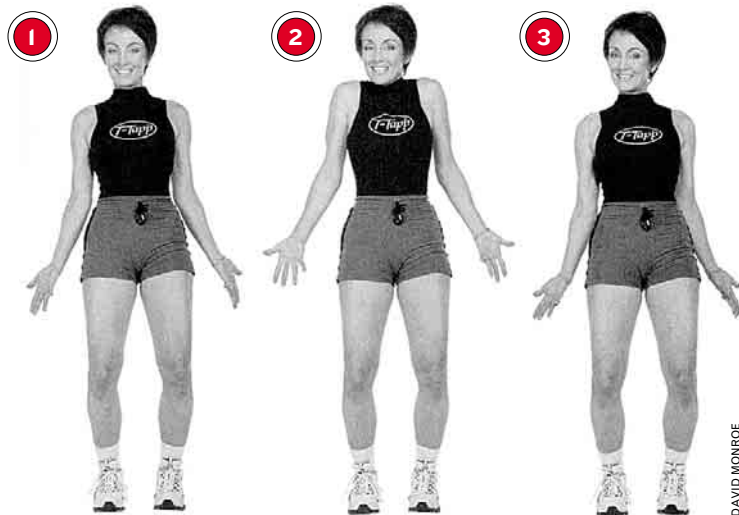
"If you look around, you'll notice everybody walking like ducks," says the fitness guru, whose exercise system T-Tapp promises you can be "Fit and Fabulous in 15 Minutes" (at least, that's the name of her book, which came out last year).

Sound like quackery? Just try walking a whole day with your big toes pointed straight ahead. It can be pretty tricky, but breaking the habit translates into better posture, fewer joint problems and slimmer thighs, according to Tapp. With a few other stance adjustments, she says folks can optimize any stroll, so that even a trip to the mall is enough of a daily workout. "Less is more with T-Tapp," she chimes.

Washington area ladies hopping to better understand T-Tapp's principles flocked to Falls Church two weeks ago for a seminar with instructor Kiona Leah (she also offers weekly classes in Laurel — see healthybykiona.com for details). And if any of them wondered how she would fill a full half-hour with walking in place, after a few minutes of sweating, they knew.

The primary hurdle is understanding T-Tapp form. Not only should your big toes always be pointed directly ahead, you should also never put pressure on them — instead, walk on the three outer toes to protect your arches. Your feet should be hip distance apart, your rear should be tucked under (which requires your knees to be bent), and your shoulders should jut behind you to work your back.

And don't forget about your core. That should feel like it's working, too. "You're thinking, 'How are we gonna walk doing all of that?'" joked Leah. But it gets tougher once you incorporate upper-body movements, mainly pumping the arms out and up to activate those muscles as well.



(1) Teresa Tapp demonstrates a shoulder roll using T-Tapp stance. Note how her knees point out slightly toward her toes. (2) Instead of keeping palms facing the body, she turns out her hands to activate more muscles. (3) She recommends four reps.

No one misses the lack of tunes during the class. "There's no music because there's so much to look out for in the beginning," Tapp says. "It's hard to keep the upper and lower body activated at the same time and keep walking." Once students get the hang of it, though, they're able to use the technique everywhere.

Kristin Duarte, 41, signed up for Leah's seminar for some extra motivation, but she was already sold on its slimming powers. "Your legs feel all tingly and it makes me feel like I'm really burning fat," she says. "It helps saddle bags and the behind, which is where I have my areas of concern."

And although the posture feels bizarre, Leah insists it doesn't look odd to passers-by — except for the arm flinging. "But you can do any of that if you don't care about looking goofy," she says. She usually sticks to hand squeezes, which she says reduces the finger swelling she often suffers in the summer and doesn't look any stranger than power walking.

"You feel it, but nobody sees it," assures Tapp, who says you may feel pigeon-toed trying to perfect the technique. But that's a better bird than the alternative: "You feel weird when you first try not to walk like a duck. But you'll slowly reverse your duck." In time, you might even progress to a swan.

VICKY HALLETT (EXPRESS)



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# Cheating With Cheese

Mixing reduced-fat with the full-fat kind can fool your taste buds

**Good news if you love cheese — you don't need to resort to rubbery fat-free varieties to maintain your healthy diet.**

As with so many foods, fat equals flavor in cheese. It also gives it a creamy texture and ability to melt. But not all cheeses are equal.

There are plenty of reduced-fat, low-fat and non-fat cheeses on the market; some are good, many not. There also is plenty of variation between full-fat cheeses; some are naturally higher or lower in fat.

First, the terminology. To be labeled low-fat, a cheese must have 3 grams of fat or less per serving. Reduced-fat cheeses must have at least 25 percent less fat than the full-fat version. Fat-free cheese must have less than .5 gram of fat in a 1-ounce serving.

For eating cheese on its own,



Reduced-fat cheese can still be delicious. If you dislike spice, leave out the jalapeños.

stick with full-fat cheeses, which have the best taste and texture. Cheeses that are naturally lower in fat include Neufchatel (light cream cheese), part-skim mozzarella, farmers cheese and most soft goat cheeses.

Harder cheeses such as Swiss, cheddar, Muenster and Parmesan tend to be higher in fat.

For cooking, low-fat cheeses usually work well enough, though they won't melt as well as full-fat varieties.

There are many good low-fat versions of cheddar, Monterey Jack and Swiss cheeses. But keep in mind that even these cheeses can have melting issues. And making sauces with them can be difficult because they tend to break down and get grainy rather than creamy.

Fat-free cheeses should be avoided. Most have a horrible flavor and texture and are difficult to cook with. Cheeses that are notable for their creaminess, such as most blue cheeses and soft cheeses such as Brie and Camembert, are best enjoyed in their full-fat versions.

An excellent way to get the best of all worlds is to blend reduced-fat cheeses with more flavorful full-fat varieties. This is most easily done with shredded cheeses. Try substituting a half to two-thirds of full-fat cheese with a reduced-fat version. (AP)

## TURKEY AND GREEN CHILLI QUESADILLAS

20 minutes, 4 servings

**INGREDIENTS:** 3 tbsp. chopped cilantro; 1/4 cup low-fat plain yogurt; 3 tbsp. reduced-fat sour cream; 2/3 cup shredded reduced-fat Mexican cheese blend; 1/3 cup shredded extra-sharp cheddar cheese; four 10-inch whole-wheat tortillas; two 4-oz. cans roasted, diced green chilies; 1/4 cup sliced pickled jalapeños; 8 oz. sliced turkey breast (about 8 slices)

**GETTING STARTED:** Preheat a grill to medium. In one bowl, combine the cilantro, yogurt and sour cream. In another, combine the Mexican cheese blend with the cheddar. Spread a quarter of the cheese blend over half of each tortilla, then top with some chilies, jalapeños and 2 slices of turkey. Fold the tortillas in half and transfer them to the grill. Grill the quesadillas, flipping them once, until they are golden and the cheese is just melted, 1 1/2 to 3 minutes per side. Slice into wedges and serve with sour cream.

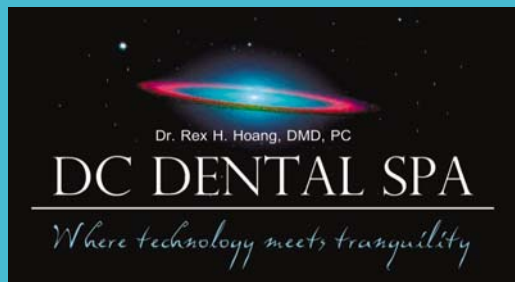
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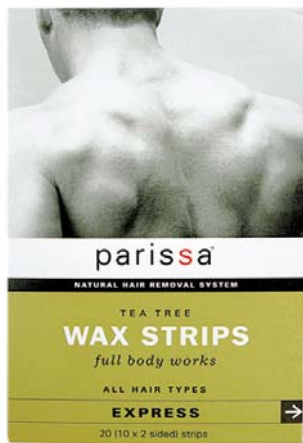


### Brave Soldier

↑ Want to feel manly while shaving your legs (probably with a woman's razor)? Well, Brave Soldier has the right moniker. Shaving is the easiest transition for cyclists and swimmers finally making the commitment to aerodynamic smoothness, and the brand's Shower Shave works better than regular shaving cream or soap (\$15, groominglounge.com). Chase it with Code Blue Aftershave (\$18).

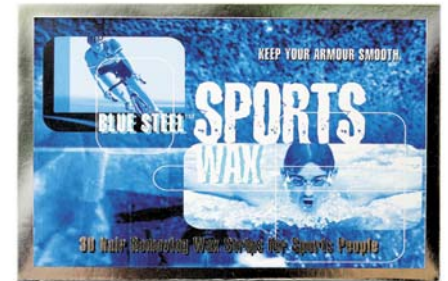
# 4score

FOR MEN WHO NEED SMOOTH LEGS



### Tea Tree Wax Strips

← While waxing may sound like the best way to go — after all, it's quick and easy and it lasts a long time — the technology may disappoint. Parissa Men's Tea Tree Wax Strips are really big. Unfortunately, they don't work very well and they hurt like hell. You will have to use several strips on each area, and you'll need an entire roll of toilet paper to staunch your bleeding. You might want an EMT on hand as well. (\$10, parissa.com)



### Blue Steel Sports Wax Strips

↑ Blue Steel's wax strips will give you smooth legs. After you use about two or three of 'em on each area. To render both legs hairless will consume the whole box but, according to our stoic tester, the process won't hurt much. The strips are also supposedly reusable. They are not. (\$17, bluesteelsports.com.au)

### Ozone Depil Mousse

← The concept is simple: Spray mousse on legs, wait five minutes, wipe mousse off with sponge. Like most depilatories, it doesn't leave legs perfectly smooth, and it has a strong chemical odor. Do not use before a date — but no matter how dedicated an athlete you are, you might not want to have baby-soft legs on a date anyway. (\$16, worldcycling.com)

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